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Better Homes and Gardens

ecorating with
s money,
s space, less time

lation-fighting
ctics that work

OMETHING-DIFFERENT
CRAFTS
HELP BEAT THE WINTER BLAHS
GREAT PROJECTS WITH NEW
RODUCTS, NEW TECHNIQUES

dget-wise vacationing

sty, nutritious
eals on a budget

solar house with
fordable comfort

lf-help strategy
r better health

How to make
one room
work like two

OVEN-DRIED CLAY DOLLS

EASY-DOES-IT "SUEDE"

MAKE-IT-YOURSELF FELT HORSE

NEW-STYLE CROCHET

SIMPLIFIED WOODBURNING

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ARMSTRONG DESIGNER SOLARIAN
THE ONLY NO-WAX FLOOR WITH THE RICHNE



For the great new ease in living . . . The Great Room. A big, beautiful merger of kitchen-dining-fa
rooms. And the great floor for The Great Room . . . Savona Designer Solarian, pattern 89424.

INLAID COLOR.™



INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

Most vinyl floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.



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3. Once the pattern is complete, intense pressure and heat are applied—fusing it into a solid inlaid vinyl.



4. And when the Mirabond® wear surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

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Most no-wax floors have ordinary vinyl surfaces which soon dull from scuffs and scratches. But Solarian is different here, too. And this difference is called Mirabond. It's Armstrong's exclusive extra-durable wear surface which—along with protecting the Inlaid Color and pattern—keeps its lustrous "like-new" look without waxing far longer than ordinary vinyl surfaces. And by eliminating the waxing chore, Mirabond makes Solarian the easiest of all Armstrong floors to care for. To keep it clean and shining, just sponge-mop with detergent, and rinse thoroughly. (If a reduction in gloss should occur in heavy-traffic areas, ask your retailer for Armstrong Suncoat™ which can be applied to help maintain the shine.)

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HOW AND WHY TO BUY THE RIGHT ENGINE OIL

FOR BETTER PERFORMANCE, USE OIL OF THE RIGHT QUALITY AND VISCOSITY.

Without enough oil in an engine, parts such as the pistons and bearings can literally melt from the heat caused by friction. Using the wrong kind of oil can also have a destructive effect. Either way, the engine can be seriously damaged.

A simple check of the oil level can prevent engine damage. If you're down one or more quarts, the engine will probably keep running for a while. But the shortage puts an extra burden on the oil that's left: it'll get dirty faster, reducing engine performance and increasing wear.

You'll get the most accurate results if you check the oil level after you've driven the car a fair distance. But wait at least a few minutes to allow the oil to drain back into the pan.

How often you need to add oil varies according to the age of your car, as well as how and where you drive. For example, new cars (those that have been driven less than 4,000 miles) may consume a little more oil until parts are broken in. Driving at high speeds, particularly in very hot weather, can also consume more oil. To be on the safe side, check the oil level every other time you get gas.

When you need oil, be sure to buy oil marked with the letters "SE." "SE" oil meets quality standards required by a GM engine: it has just the right mixture of base oil and additives.

It's generally all right to mix brands and to shop around for the lowest price as long as you stick with "SE" quality oil.

The viscosity of the oil can make a big difference in engine performance. Oil that's too thick won't flow properly, making it difficult to start the engine in cold weather. Oil that's too thin won't do the job right, either. Temperature affects viscosity: oil thickens in winter and thins in summer.

In most climates, it's best to use 10W30 or 10W40 SAE viscosity oil that you can leave in your car year-round.

Change the oil and the oil filter at the intervals recommended in your GM Maintenance Schedule. Engine oil contains detergents that pick up particles of dirt and sludge. If the oil isn't changed periodically, extensive damage can occur. Remember, if you're pulling a trailer or driving in abnormally dusty conditions, change the oil more often.

We're designing engines that require less routine maintenance. But some things are still up to you. A well-maintained engine will be more reliable, last longer, and probably make your car worth more when you decide to trade it in or sell it.

This advertisement is part of our continuing effort to give customers useful information about their cars and trucks and the company that builds them.

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*teach school all day, but
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to make better meals even
out having to plan ahead. The
get hot lunches and we're
g more vegetables now. As
ult of having our Litton, I
: we're all eating better."*

rton's Even Wave™
ems actually cook
with its own nat-
moisture to juicy
ection. Because
n's Even Wave™
ems have been en-
ered to distribute
ling energy evenly.
*Litton, no
has to worry
ut having a cold
per."*
tton's built-in
Cook® feature

sets microwave power levels to give you cooking flexibility. And since it reheats food without the drying heat of a conventional oven, leftovers can stay moist and taste fresh. So a refrigerated dinner plate from 6 o'clock can still taste tender and juicy for your late eater.



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"We depend on the Litton."
Litton's optional Vari-Temp® monitors microwave cooking. It's an automatic temperature control which eliminates a lot of the guesswork. So you can cook foods to precisely the way your family likes.

"I have recommended Litton to everybody."
From defrosting, to cooking to reheating a Litton is designed to help your family eat better. No wonder more and more families own a Litton.

LITTON
Microwave Cooking

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LITTON HELPS FAMILIES EAT BETTER.

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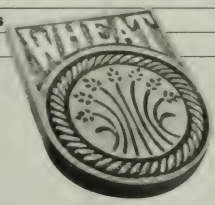
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Only one disposer gives you a Wham Jam button.

The KitchenAid stainless steel disposer is the *only* disposer that unjams itself at the touch of a button.

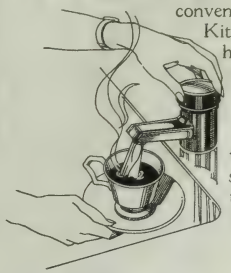
And that sure beats calling a plumber to get the thing unclogged.

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Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

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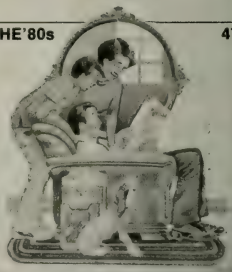
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The great mealtime accessories.

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Nobody can do it like McDonald's can.

McDonald's

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Margaret Daly

MONEY

Inflation-fighting tactics that work

Once nothing was certain except death and taxes, but now it looks as if inflation has joined that dreary duo. Hopefully, inflation won't continue at the rampaging rates of recent years. Even so, it's sure to be a bothersome fact of life for the '80s.

Most people cannot beat inflation at its present clip without taking tremendous risks. But there are some smart money strategies that can help you cushion the impact of inflation. Savvy shopping and cost cutting are essential. So is careful management of your cash flow and savings.

Fighting inflation won't be easy, but with planning and persistence you should get a good run for your money. These ideas should help.



Illustration: Hellman Design

Sharpen your shopping skills

You've heard that admonition time and again, but it's always good to review the basics—especially since today's fast pace of family life can lead to impulse buying or costly shortcuts.

You'll find top-notch tips about food costs elsewhere in this issue. In addition, be sure to make the most of coupons when you're planning your food purchases. You might even set up a coupon-swapping arrangement with neighbors. And it might be worthwhile to set up or join a food co-op, too.

Watch for seasonal or special sales, no matter what you are buying—food, clothing, appliances, cars, etc. With cars, for example, you may save up to 20 or 25 percent if you buy late in the current model year. (Follow the news about car prices throughout the year, however; there could be spot bargains at any time.) If possible, buy a model that's already on the lot, since the dealer will probably be eager to unload the car.

Whatever you're shopping for, quality counts. Read labels carefully, examine the product for workmanship, and when making a major purchase, research competing products in depth. Magazines such as *Consumer Reports* are helpful.

Take care of what you buy

Smart shopping won't help much if you don't get full use of your purchases. Study care labels and maintenance manuals, and follow instructions. Also, learn to do basic maintenance work yourself; most communities offer low-cost courses on plumbing, car care, etc.

You'll have a better chance of getting the most for your money if you ride herd on costly family habits, from wasting food to careless use of possessions.

Fight energy costs head on

Here's another budget bleeder that just won't go away. With the costs of gasoline, home heating, and electricity leaping upward, it becomes more important than ever to hold down energy costs every way you can.

If you haven't given your home a thorough energy check for proper caulking, insulation, and the like, do so as soon as practicable. By the end of 1980, all utility companies will be required by federal law to offer a free energy audit of your home. Your utility company also may be able to guide you to financial institutions that lend money at relatively low interest rates for energy-saving home improvements.

Call a halt to any family activities that are wasting energy, like opening and closing the refrigerator door frequently and leaving lights on unnecessarily. While you're at it, you can cut another utility cost—the telephone bill. Insist that everyone follow the cost-saving rules about long-distance dialing and calling in off-hours.

continued

continued

Inflation-fighting tactics

Also, organize errands to keep in-town driving to the minimum. And learn to conserve gas as you drive: Stick to the 55-mile-an-hour speed limit. Drive at a steady pace. Keep tires fully inflated and the engine tuned. When you're ready for a new car, shop for fuel efficiency, even at the expense of some comfort and size.

Plan on price rises

That doesn't mean you should rush out and buy everything you want now because it will only cost more tomorrow. After all, inflation demands prudent pruning of expenditures. But if you know you'll need a major item in a few months, it may be wise to buy now rather than later.

That rule could be essential for home buyers, especially first-timers. Even if interest rates have peaked and may begin to drop (no one knows for sure), they probably would not drop enough to offset the rise in home prices if you wait. Getting equity in a home is important, to be sure. But be certain you're ready to take on the costs of ownership; you'll very likely have to cut back on other expenses.

What if you are ready to buy a house, and money is tight? Private mortgage insurance might smooth the way. Ask your banker for details.

Rising incomes generally accompany rising prices, and most people who get a raise immediately escalate their lifestyles. The problem is, both taxes and inflation eat into that raise, so actually you don't have nearly as much more to spend as you thought. Your best bet: Put the extra dollars into savings.

Borrow smartly

Continuing inflation means you'll pay off present debts in the future with dollars worth less than now. But don't let that fact—or the belief that prices will only go up—entice you into debt over your head. If your monthly payments for loans other than your mortgage run more than 15 percent of your take-home pay, you could be in trouble.

Remember, too, that credit buying inflates your cash outflow in the form of interest. Though the interest is tax-deductible, you're still laying out extra dollars for the privilege of buying now and paying later.

If you are in a position to borrow, shop for the best deal. Studies show loan rates varying by as much as two percent or more within the same area.

Insure for inflation

Rising prices mean not only that it will cost more for families to live in the future; it will also cost more to replace things you own now. A sound insurance program, reviewed at least once a year, is essential to minimize the effects of inflation.

- Cut premium costs by raising deductibles—the amount you'll pay before the insurer takes over. Drop collision and comprehensive coverage on older cars when their depreciated value is less than the deductible.
- Make sure your homeowners policy is for at least 80 percent of current replacement costs for your home. Up your coverage each year to meet that minimum or more; otherwise, you could lose out considerably.
- See that your possessions are covered adequately—possibly with "replacement cost" insurance, which reimburses you at today's prices rather than on depreciated values. Premiums are higher than with regular policies, but the protection may make sense.
- Most homeowners policies set upper limits for valuables like jewelry, furs, antiques, and art. Get supplemental coverage, if warranted.
- Health care costs are skyrocketing even beyond the current inflation rate. Be sure to protect your family against catastrophic costs by getting major medical coverage. You can keep premiums down by raising your deductibles.
- Figure life insurance purchases realistically. A growing family requires lots of protection against the rising costs of living; to help keep premiums down, you can buy term insurance and take advantage of group plans. Older people might limit coverage as family needs change and other assets grow.

Wise up on taxes

Since inflation brings rising incomes as well as prices, you'll probably be bounced into a higher tax bracket. For more and more families, putting discretionary income into tax-sheltered investments makes sense.

Look into do-it-yourself pension plans, for example—an individual retirement account (IRA) for employees who are not covered by a company pension, or a Keogh plan for income you earn from self-employment. You can deduct your contributions to these plans each year whether or not you itemize deductions. Also, taxes are deferred on the income earned by the plan until you begin to withdraw the money. Check details through institutions such as banks, mutual funds, and insurance companies.

Also look into municipal bonds, "no load" (no sales charge) municipal bond mutual funds, U.S. savings bonds, real estate, and deferred annuities as possible tax shelters—but get expert advice before buying. Another ploy might be to put assets in your child's name to build up college funds.

Keep your cash productive

Thanks to several new kinds of savings vehicles, you may be able to have most or all of your cash earning interest routinely, rather than lying idle in a checking account. Interest-paying checking ("NOW") accounts may be available for your daily cash flow, for example, as well as various plans for automatic transfers that allow you to earn money on your funds until you need the cash to back up your check. Be sure to compare minimum deposit demands and other costs to see that you're really gaining an advantage, however.

Put any cash you won't need right away into savings accounts (or certificates) that pay higher interest than passbook accounts. Also consider six-month $10,000 savings certificates. They pay the same rate as government treasury bills (T-bills), and you can now pool funds with other savers to meet the minimum. If you live in an area where state and city income taxes are high, buy the T-bills directly through the Federal Reserve bank to escape local taxes on the interest.

Another way to earn high interest is through "money market" mutual funds. Though not government insured, many of these funds are run by top companies, and you can withdraw your money anytime. Typical minimum deposits run $1,000 or more.

SEARS SUPER VALUES

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You can save money now on many styles of quality lighting fixtures at Sears Lighting Boutique. Fine chandeliers, swag lamps, even utility fixtures are reduced during this great sale. Fashion fluorescents to help save on energy are on sale, too. Find values like the ones pictured here, available now at most Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

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Sears

WHERE AMERICA SHOPS FOR VALUE.

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Dan Kaercher

Help Yourself To Better Health In The 1980s

Some of the soundest and most enduring ideas are the simplest. That's being demonstrated today in the field of health. Amid the myriad advances in medical techniques and technology, a very simple and long-neglected fact is resurfacing: The most important determinant of good health usually is how well you take care of yourself.

The search for effective treatments and cures is of vital importance, of course. But evidence is growing that you yourself can, to varying degrees, up your chances of avoiding the major diseases. How? By taking charge of your own well-being through healthful day-to-day living habits.

Commonsense measures

Because the correlation between good health and healthful habits is so obvious, why doesn't everyone practice them? For some people, the reason may be a lack of willpower. For others, the idea may seem too simple for our era of complex technology. Some of us reject the "golden mean" approach because we've heard it preached so often by our parents, teachers, and doctors and seen it ignored by our peers.

Yet the logic of learning to live a healthful life-style has never been sounder than it is today. Infectious diseases like smallpox that ravaged our forebears have been almost entirely conquered by improved sanitation and mass immunization. Because these disorders no longer are a serious problem, chronic and degenerative diseases such as coronary heart disease, cancer, and stroke are more evident. In fact, these three killers alone now account for more than two-thirds of the total deaths in America each year.

Many Americans today are waking up to the benefits of exercising, eating right, kicking unhealthy habits, and cleaning up the environment. Such individual actions already have had a collective impact. The death rate from coronary heart disease has declined by 20 percent since 1968, and stroke claims 25 percent fewer lives than it did as recently as 1972. Advances in treatment contributed to the drop in death rates from these two diseases, but many authorities give more of the credit to healthy life-style changes like detecting and controlling incipient hypertension, improving diet, and getting more exercise.

A reasonable approach

The ultimate reward of a healthful life-style may be lowering your risk of contracting a major disease. But that payoff doesn't come for years—if indeed it can ever be proved in any individual case. Many of us need more immediate incentives for adopting healthy habits and swearing off our "vices." Fortunately, the incentives are not hard to find. Many people are motivated to lose weight and start exercising because they want to look better and feel more fit and vigorous.

Of course you as an individual are not in control of *all* the factors that determine your state of health. You cannot control the genes you have inherited that predispose you to certain disorders, for example. Nor can you do much about the safety of the food and drugs you consume, the water you drink, and the air you breathe; that's primarily determined by regulatory agencies, industry, and employers.



Even so, when it comes to the day-in, day-out control of most of the variables affecting your overall well-being, you—not your doctor, not Uncle Sam, not your boss—are in the driver's seat.

Most people, of course, want more out of life than health—they want happiness. And life would be like walking on eggs if you tried to practice all the disease and accident prevention measures that are touted today. What you *can* do is stay informed of the possible results of your behavior. Then judge for yourself what changes you are willing to make to enhance your own well-being.

Just what is a healthful life-style? The bibliography of books on this subject grows longer each week—just scan the current titles on diet, exercise, and fitness on the shelves of your neighborhood bookshop. The most basic health measures include having immunizations, getting adequate rest, practicing good hygiene, developing sensitivity to the early signs of mental illness, avoiding excess alcohol consumption and drug abuse, and practicing good safety habits—especially wearing seat belts when you drive. And that's just the beginning.

The changes that count most

Perhaps the one measure which today would do the most to improve the health of Americans would be to stop smoking cigarettes. It is estimated that about 325,000 Americans die prematurely each year of smoking-caused conditions. At every age, and for both sexes, death rates are higher for people who smoke or have smoked in the past than for those who have never smoked.

The implication is clear: Don't smoke. If you can't quit—or think you can't—cut back and smoke cigarettes that are low in tar and nicotine. Death

continued

GM

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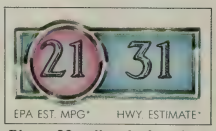
Caprice Classic Estate Wagon

(462) estimated miles on a single tank of fuel in the city, an estimated 682 miles on the highway.

You can also drive that same New Chevrolet Diesel Wagon with the fuel economy usually associated with a compact car—an EPA estimated (21) MPG, 31 highway.

And do it all with an engine that has no spark plugs to change, no distributor to replace, no carburetor to adjust.

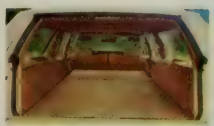
Range figures obtained by multiplying the 22-gallon fuel tank capacity by (21) EPA estimated MPG (city), 31 highway estimate for an '80 Caprice or Impala Wagon with available diesel engine. Not available in California at time of printing. See your dealer for availability. *Remember: Compare the EPA estimated MPG with that of other cars. Your mileage and range may vary depending on speed, distance and weather. City mileage and range will be less in heavy city traffic, your actual highway mileage and range will probably be less than the highway estimate. The New Chevrolet is equipped with GM-built engines produced by various divisions. See your dealer for details.



Plus a 22-gallon fuel tank.



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Lockable underfloor storage.



A 4' x 7.6' floor (rear seat down).



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Chevrolet

THE NEW CHEVROLET WAGON. WE MADE IT RIGHT FOR THE '80s.

be more likely to win the cooperation of your family.

Get enough exercise. Avoid a sedentary life-style—it contributes to obesity, which may increase your risk of hypertension, diabetes, elevated cholesterol, and coronary heart disease. Such aerobic exercises as biking, swimming, jogging, and brisk walking are considered to be excellent for cardiovascular conditioning.

Besides improving your physical health, a regular exercise program has psychological benefits. It can help you *feel* more fit and in control, minimize negative emotional stress, and alleviate depression.

It's wise to check with your doctor before undertaking a vigorous exercise program, especially if you are over 40. Select an activity that you enjoy and stick with it. Begin gradually, build at a steady pace, and exercise regularly—say a half hour three or four times a week. *Don't* create new health problems by exercising in a hard-driving, overly competitive fashion.

Learn to cope. Admittedly, this advice can be difficult to act on. Why? Because stress is pervasive in everyday life, and it's hard to distinguish between normal and harmful stress. Not all stress is bad; some stress can spur us to action and greater achievement.

Yet a long list of disorders is thought to be related directly or indirectly to negative stress. In addition, authorities such as Professor Carl Thoresen of Stanford believe that constantly feeling pressured can trigger overeating, drinking too much, and drug abuse.

continued

continued

Better health

rates for former smokers are lower than for current smokers, and death rates for former smokers who have abstained a long time approach the rates for people who have never smoked.

Here's advice on other actions you can take to improve your health:

Eat right. Nutrition experts have yet to agree on "one perfect diet," but they do agree on some basics. The recent Surgeon General's Report on Health Promotion and Disease Prevention says we Americans probably would be healthier if we would consume:

- only enough calories to meet body needs and to maintain desirable weight (fewer calories than this if you need to lose weight)
- less saturated fat and cholesterol
- less salt
- less sugar
- relatively more complex carbohydrates such as whole grains, cereals, fruits, and vegetables
- relatively more fish, poultry, legumes (such as beans, peas, and peanuts) and less red meat.

Dr. Stephen Weiss of the Behavioral Medicine Branch of the Division of Heart and Vascular Disease of the National Heart, Lung, and Blood Institute suggests you improve your family's diet gradually. Don't move from one fad diet to another, and don't become fixated on any single diet—you'll





continued

Better health

How do you cope with stress when it becomes distress? Here are some tips:

- Try to find pastimes that alleviate tension, and set aside at least 20 minutes each day for quiet solitude.
- Learn to sense when you are beginning to tense up physically and mentally in response to your emotional state. Becoming aware of stress symptoms can help you cope better.
- Identify the most stressful aspects of your life at home and at work, and make changes, even if they're small ones, wherever possible. Experiment with your routine to see how you can feel calmer and more in control.

Your tactics for change

Sure, you're thinking, all that advice is great. But I can't change my habits. I've tried and failed before. I don't have the willpower. I rebel at being told what to do.

Personal hang-ups like these are the biggest barriers to healthful behavior. Some of the most important health researchers are behavioral psychologists who seek ways to motivate individuals to adopt more healthful habits.

Dr. Thoresen, a health psychologist and educator, has developed a six-step approach to self-directed change. It's reported in detail in *The American Way of Life Need Not be Hazardous to Your Health* by Stanford cardiologist and health educator John W. Farquhar, M.D. (The book is available from W.W. Norton & Company, New York for $9.95 hard-cover, $3.95 paperback.) These tactics might help you overcome your own health hang-ups:

1. The first step is to establish your health risk areas by using some type of written questionnaire or a self-scoring test, or simply observing your own behavior. Then write a short-term self-contract in which you promise that you will develop a plan to change. Observe yourself: How far are you from your optimum weight? How much time do you spend in an easy chair? Enlist a helper and share your plan with him or her. Ask for support from others, too.

2. Build confidence and deepen your commitment to change. If you're trying to lose weight, for instance, make the first tentative steps toward your goal small and manageable. Gradually expand your efforts. Exercise a bit longer each day and eat a little less of the foods you are trying to avoid. Increase motivation by building in self-rewards and attainable goals.

3. Tune in to your own behavior. Keeping a written record such as a diary or log can help to pinpoint the situations that trigger negative responses like raiding the refrigerator. Carry 3x5 note cards or a notebook with you every day. Keep your recorded observations in an appropriate place —near the scales perhaps.

4. After you've taken the initial steps toward change, formulate a detailed plan of action—and stick to your commitment. Develop a long-range self-contract detailing the steps that will lead you to your goal. Define your responsibilities and those of your helper, set dates for reaching your goals, and build in daily self-rewards. Demonstrate your commitment by signing the contract, yet be prepared to modify your plan without losing heart.

5. Evaluate your plan—daily as well as at the end of the self-contract period. Make sure you're getting the result you want, whether it's losing ten pounds or establishing an exercise routine. List all the dividends of your new healthful behavior.

6. Finally, maintain your new habits. Some backsliding is inevitable because most health habit problems are deep-seated and recurring ones. But be honest and be prepared to start over again by going back to the beginning steps. Continue to give yourself rewards for positive behavior, and seek support from your family and friends. Take heart in the fact that you've come this far: You won't have to put out as much effort to maintain change as you did to begin back at stage one.

Don't expect change or results in a few weeks or months. Remember, you're overcoming habits it took a lifetime to establish. Make the alterations in your daily routine as pleasant as possible, and be prepared to invest years if necessary.

Health resources

As we enter this new decade, employers, schools, and government are playing an active role in encouraging healthful behavior. Employers, in particular, have a compelling economic incentive for keeping workers healthy: fewer lost man-hours and lower medical expenses.

However, according to authorities like Dr. Lowell Levin, professor of public health at the Yale University School of Medicine, your most valuable health resource can be your nonprofessional contacts. These include friends, self-help groups, and your immediate and extended family.

The family in particular provides vital mutual support for healthful behavior. According to Dr. Farquhar, who is director of Stanford's Heart Disease Prevention Program, you are much more likely to succeed in maintaining a weight loss program, for instance, if you have the kind of support close friends or family can give.

But you shouldn't try to persuade another person to break a bad habit by making him or her feel guilty—it's the wrong tactic, according to Dr. Alice M. McGill, public health educator with the HEW Office of Health Information and Health Promotion. Each individual has to make decisions for himself or herself, but family members can reinforce positive changes.

Promises for tomorrow's health

Some of the benefits of today's healthful living may not be fully recognized for decades because many diseases do not show up until long after their seeds are sown. But Dr. Lawrence Green, head of the Office of Health Information and Health Promotion, is optimistic: "We can expect substantial declines in mortality rates for some major causes of death. We'll probably see even more apparent improvement in illness patterns, hospitalization days, and workdays lost—factors with great economic impact. But perhaps the greatest—and least tangible—benefits will be in the quality of life and in how we cope with our complex and rapidly changing environment."

The key ingredients of a healthful life-style are awareness and intelligent decision-making. Be conscious of the risks and rewards of your behavior, and seek guidance from your own physician and other resources such as the local health department, extension service, self-help groups, and local chapters of the American Cancer Society, the American Heart Association, and the American Lung Association.



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Good Housekeeping

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DECORATING

Spotlighting with stained glass

A favorite with our Victorian ancestors, stained glass is finding its way back into the windows and doors of today's homes. Not only does stained glass add spirit-lifting color, it protects privacy as well. Here are two examples.

Right: Entertainment-minded homeowners converted their unused garage into a handsome party room/wine cellar. The door's beautiful stained-glass panels contribute much to the room's warm, inviting atmosphere. Another mood-maker is the fascinating—and inexpensive—wall treatment, made from the ends of wine shipping crates. The varisized wooden pieces were laid out to fit the space, then simply nailed to the wall. The old door, found basically intact in a wrecking barn, was stripped before installation. The stained glass was repaired and cleaned to restore its former luster.



Photograph: John Rogers. Source: Sims/Magazzine

Far right: In this refurbished family bath, a single window of stained glass makes a striking focal point. The window design, drawn by the owner and custom-made by a stained-glass professional, replaces the original double-hung casement. Colors in the stained glass repeat the basic black/pale green scheme of the room, but also add bright accent colors that are picked up in bath accessories. Handsome cedar molding trims the window and wall tile; cedar boards cover the old, unsightly ceiling.



Design: Ambrogio/Gilmore. Source: Ruth L. Grenci

The range that grills without a hood...

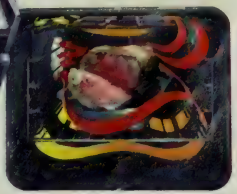


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The car stereo buyer's guide to the Audiovox range* of sound systems for 1980:



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Electronic Tuning AM/FM Stereo radio with Cassette player and Quartz Clock



Model DGC-10
Digital Display AM/FM/Stereo radio with Cassette player and Quartz Clock/Calendar



Model CAS-600A
Super Power Stereo Cassette player with AM/FM/Stereo radio. Dolby®. 40 Watt output



Model TPB-4000
Super Power 8-Track player with AM/FM/Stereo pushbutton radio. 40 Watt output



Model CP-750
Stereo Cassette player with pushbutton AM/FM/Stereo radio. 4-Way balance



Model ID-900
Digital Display AM/FM/Stereo radio with Cassette player and Quartz Clock



Model ID-800
Digital Display AM/FM/Stereo radio with 8-Track player and Quartz Clock



Model ID-675
Super Power Stereo Cassette player with AM/FM/Stereo radio. 40 Watt output



Model ID-625
Auto-Reverse Stereo Cassette player with AM/FM/Stereo radio. 4-Way balance



Model ID-500E
8-Track Stereo Tape player with Pushbutton AM/FM/Stereo radio. 4-Way balance



Model ID-725
Stereo Cassette player with Push-button AM/FM/Stereo radio. 4-Way balance



Model ID-605
Stereo Cassette player with AM/FM/Stereo radio. "500" Nose-piece for Import Cars



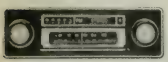
Model ID-610
Stereo Cassette player with AM/FM/Stereo radio. Locking cassette controls



Model C-977A
8-Track Stereo Tape player with AM/FM/Stereo radio. Special 4½" deep chassis



Model ID-600C
Stereo Cassette with AM/FM/Stereo radio. Locking cassette Fast-Fwd. control



Model ID-400C
8-Track Stereo Tape player with AM/FM/Stereo radio. 105mm Nosepiece. Track lights



Model ID-300B
AM/FM/Stereo Pushbutton Tuning radio. Stereo Balance control. Slide-Bar band selector



Model C-575C
Pushbutton Tuning AM/FM Stereo radio with "500" nose-piece designed for Import Cars



Model ID-200B
Pushbutton Tuning AM/FM radio with Slide-Bar AM-FM Band selector. 4½" deep chassis



Model C-506B
AM/FM Pushbutton Tuning radio with "500" nosepiece designed for Import Cars



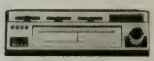
Model ID-100B
Pushbutton Tuning AM radio with illuminated Slide-Rule dial. 4½" deep chassis



Model C-406
AM Pushbutton Tuning radio. Full-range tone control. "500" Nosepiece for Import Cars



Model UC-20
Underdash Stereo Cassette player with FM Stereo radio. F.Fwd/Rewind/Eject cassette control



Model UT-30
Underdash 8-Track Stereo Tape player with FM Stereo radio. Slide-Bar controls. Track lights



Model C-981A
Auto-Reverse Stereo Cassette player with F.Fwd/Rewind/Eject. Underdash installation



Model C-988
Underdash Stereo Cassette player with Slide-Bar controls. Auto-Manual cassette eject



Model C-911A
8-Track Underdash Stereo Tape player with Locking Fast-Forward control. Track lights



Model C-905
Underdash 8-Track Stereo Tape player. Super compact size. Track lights. Slide controls



Model UC-10
Mini Underdash Stereo Cassette Player with locking Fast-forward control. Pushbutton eject



Model C-902A
Underdash 8-Track Stereo Tape player with Slide-Bar controls. Channel lights. Compact size

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* *Because of space limitations, we illustrated only 30 models. Audiovox has 109 more plus 77 car speakers and a full line of auto sound accessories.*

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Big-impact walls

When you're faced with filling a yawning expanse of wall space, think big. Choose one large and dramatic "work of art" that will turn the wall into the focal point of the room. These three examples show how effective thinking big can be.



Source: Jessie Walker

▲ Too delicate for everyday wear, and too lovely to closet away, this Japanese kimono has been elevated to work-of-art status. Mounted gracefully on a bamboo pole, the garment makes an eye-catching wall treatment for hard-to-dress space between two brass sconces. An imported lacquered box on a small bamboo table and a simple floral arrangement complete the Oriental vignette.



Photograph: Hedrich-Blessing
Design: Alan Mullins. Source: Jessie Walker

▲ In this sophisticated living room, a hand-stitched antique quilt makes a striking behind-the-sofa wall treatment. The fragile piece was stretched, mounted on a board, placed under glass, and framed. The quilt's simple two-color design blends beautifully with the contemporary setting. Other "big ideas" for wall art include stretched fabric and an ethnic rug or blanket.



Photograph: Hedrich-Blessing
Design: Gertrude Ruben, ASID. Source: Jessie Walker

◄ A hand-painted Italian screen, mounted to the wall with simple hooks, adds dramatic impact and an illusion of depth to this elegant formal dining room. The handsome trompe l'oeil-style screen gives the dark wall a three-dimensional look.



Kim Garretson

Good News

Pipe protector



This "shock absorber" can quiet those nerve-jarring clanging pipes in your house. Water hammer, as the problem is called, results from the abrupt halt of fast-moving water and can eventually damage plumbing. To restore quiet, install this device at or near the offending faucet or valve with a brass T-fitting. Then when water surges into the baseball-size device, a flexible diaphragm will compress a sealed air cushion, so the shock force is completely absorbed.

Mini-Trol Water Hammer Arrestor, about $10. T-fitting accessory, about $3. Amtrol, Inc., West Warwick, R.I. 02893.

Foul weather gauge



If you spend a lot of time outdoors in the cold, you'll find this device helpful. It will help you decide how warmly to dress and how long you can safely stay outside. The instrument measures wind speed, actual air temperature, and the windchill factor. An accompanying booklet tells you precisely how to use the device for safety purposes. And you can also use it as a thermometer and wind speed meter year-round.

Taylor Wind Chill & Wind Speed Meter, about $20. Taylor Instrument, Consumer Products, Sybron Corp., Arden, N.C. 28704.

Ultrasonic burglar alarm



Photographs: William Hopkins

Simply by positioning this battery-operated burglar alarm and turning it on, you can guard any room and its point of entry. An invisible ultrasonic beam monitors an area 30 feet in front of the device. When an intruder breaks the beam, the device sounds a piercing alarm that persists for over four minutes. You can set the alarm to sound instantly when the beam is broken or ten seconds later to give you time to deactivate the unit. The device measures only seven by four inches.

Zonar Intrusion Alarm, about $70. General Electric, 800 Third Ave., 29th Floor, New York, N.Y. 10022.



Message writing system

This white writing surface is easier to install than a blackboard, is more versatile, and erases faster, easier, and cleaner (no chalk dust is produced). You can use the surface as a home message center or as a "graffiti wall" in playrooms. The writing medium is a roll of glossy white material with a self-adhesive back. Cut it to the desired size and mount it on a board or directly on a smooth wall. The markers come in six assorted colors. You clean the surface with a dry wiper or liquid cleaner.

STABILOplan Whiteboard Writing System; writing medium, about $5 (20x27-inch roll), $7 (27x40-inch roll); markers, about $6 for a set of six; dry wiper, about $2; cleaner, about $2. Swan Pencil Co., 221 Park Ave. South, New York, N.Y. 10003.

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25 EXCITING CRAFT PROJECTS FOR THE '80s

WITH NEW TECHNIQUES, NEW MATERIALS, NEW CHALLENGES, NEW APPLICATIONS

Something new is happening every day in the craft industry—and it's all grist to the creative person's mill! To give you an idea of what the manufacturers and designers are up to, we've collected 25 intriguing projects. Look them over—then set out on some never-before craft adventures.

By Gary Boling



Photographs: Mark Darley

MARQUETRY WITH PAPER

Marquetry—decorating wood with veneer—becomes paper-doll simple with these special papers. They're from Connoisseur Studios and are printed with wood grains in several colors. Find a piece of new or used furniture, stain it with a base coat, and apply the design. For additional how-to, see page 116

Complete instructions begin on page 116 Designer credits, page 126 Buying information, page 126

25 EXCITING CRAFT PROJECTS FOR THE 80s

NEW TECHNIQUES

Have you passed up certain crafts because you thought they'd be too hard or tedious? Think again! New techniques have simplified these crafts considerably.



Decoupage under glass

Here's an interesting twist to always-popular decoupage. Instead of applying layers of varnish to create a coating, affix the motifs to the inside of a glass surface.

To begin, cut out various motifs and arrange them to fit the space you're working on. (Wrapping paper is an inexpensive source of designs, especially paper used to wrap shower, wedding, or anniversary gifts.) Brush acrylic medium (available at art supply stores) onto the front of the paper, and affix the motifs to the glass. When the medium has dried, coat the back of the motifs (and the surrounding inside surface of the glass) with white acrylic paint to protect the cutouts.



TOLE-LOOK STENCILING

Tole painting, the art of brushstroke painting on tinware, is easy to re-create with stencils. The stencils are from Stencil Magic and feature shapes that are simple to paint on. You can duplicate the shaded effects by stenciling just a portion of the motif with a slightly darker or lighter paint.

Buying information is on page 126



ELECTRIC WOOD CARVING

Looking at this handsome carved sign, you'd think it took weeks of work. It's a chip off the old block of quaint colonial trademarks. But you can duplicate this version in less than a week's worth of evenings.

The timesaving secret is a set of electric power tools from Dremel. A hand-held tool, connected to a power source by a flexible cable, is easy to use and can provide all sorts of woodcuts. By changing the cutting attachments, you can vary the nature of the woodcut. The tools are versatile and can be used for various types of carving—sculpture, bas-relief, and openwork. For additional how-to, see page 116

Buying information is on page 126



PUNCH TOOL EMBROIDERY

Scholars of folk needlework will recognize this technique as an old Russian folk craft. Today punch embroidery is making a comeback, with new designs, new applications, and an improved tool from Sierra Craftworks. The technique resembles rug yarn punch hooking, but you use embroidery floss on finely woven fabric instead of rug yarn on burlap.

A vine of flowers climbs around this mirror frame. Varying levels of loops—with some clipped to form a plush surface—are combined for textural interest. For additional how-to and pattern, see page 116 Buying information is on page 126



GLASS ETCHING WITH CHEMICALS

The panels of intricately etched glass in 19th-century homes were produced by a complex and cumbersome process. And today, broken panes of etched glass are usually replaced with clear glass. But with the help of a Crystal Etch Discovery Kit, you can etch glass safely in your kitchen.

This art-nouveau-inspired panel is ideal for cabinet front or window, or as an art object in its own right. Just use an adhesive film to cut a stencil for the design, and apply the chemicals.

To order free how-to, see page 140

Designer credits, page 126



Braided stitchery

Beautiful "stitcheries" like these don't require any special skills and are a snap to make. Both young and old can enjoy this craft, since all you do is braid yarn lengths and tack them onto a fabric background. For how-to and patterns, see page 118

NEW MATERIALS

Craft materials are getting better and better, and here are six products to prove the point. All let you get the look you want with minimum time and effort.



Paper cord for basketry

Coiling is an ancient technique consisting of spiraling a core fiber—wrapped and secured with a decorative fiber—to form a basket. Now a new type of paper core fiber—Fiber Flex—opens up new possibilities for this process. The paper core, which is covered with a nylon mesh in the larger size, is more flexible than sisal and will produce a lighter, firmer basket. Here we've incorporated simple triangles into the design by changing colors of wrap cord. To order instructions for making a coiled basket, see page 140



No-fire sculpture compound

Do you feel frustrated because your cake decorating efforts last only as long as the cake? With Flo-Sculpt, a versatile craft material that hardens as it dries, you can get more lasting results from your artistry. To decorate a picture frame, fill a pastry bag with the compound and "decorate" the frame with scroll motifs as you would a cake. For additional [illegible] see page 118 Buying information is on page 126



IMITATION SUEDE

Many imitation suede fabrics are not only as difficult to care for as real leather but they're just as hard to work with. Now the fabric industry has come up with a new product—Pellon's Sof-Suede—that eliminates suede-sewing drawbacks and is washable to boot. The base cloth is a polyester/rayon blend, and the nap is 100-percent rayon in over a dozen rich earthy colors.

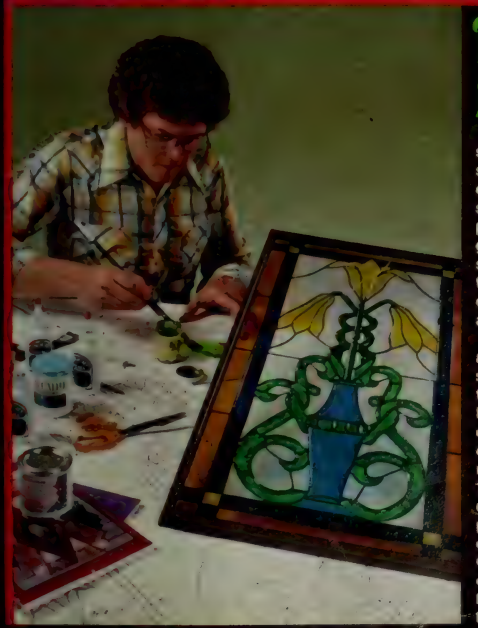
We've used the fabric to decorate desk-top accessories with stylized motifs from oriental patterns. We started with a ring-bound address book, photo album, and a notebook. You might complete the desk set by decorating a desk blotter, pencil holders, letter trays, bookends, plus a chair seat cover. For these motif patterns, see page 118 Buying information is on page 126



EASY-TO-WORK-WITH CLAY

One of the problems with many clays is that they dry out too quickly or are difficult to make permanent. Polyform (also sold as Sculpey) remains pliable indefinitely but will harden after a simple "firing" in your kitchen oven. Then you can apply acrylic paints—or a variety of other finishes—to decorate the item.

For this cuddly doll (and her very own rag doll) we made head, hands, and feet from oven-dried clay and attached them to a soft fabric body. For additional instructions, see page 121



Brush-on glass paints

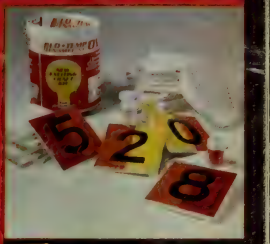
With just a paintbrush and some unique decorating supplies from Titan, you can easily duplicate handmade stained-glass windows. Simply place a pane of clear glass over the pattern, squeeze out liquid lead metal from a tube to match the design, and brush in the areas with glass stain.

To copy the pattern from an existing window, tape a sheet of brown paper over the surface of the glass. Holding a dark wax crayon on its side, rub the crayon over the lead channel. For more instructions, see page 130. Buying information (including a source for full-size printed window patterns) is on page 126

Complete instructions begin on page 116

Designer credits, page 126

Buying information, page 126



Enameling powders

With any type of heat source, from electric skillet to this special canister-type oven, you can create enameled masterpieces. Lo-temp Enameling powders make it possible. Simply sprinkle them over the surfaces. The powders melt at about 300 degrees and adhere to wood, paper, glass, and metal. Here we've stenciled numerals on ordinary white ceramic tiles. For how-to instructions, see page 121 For buying information, see page 126

25 EXCITING CRAFT PROJECTS FOR THE '80s

NEW CHALLENGES

One reward of crafts is the satisfaction gained from mastering a new skill. For starters, give calligraphy a go with materials assembled for you in a kit.



Beaded Flowers

Of all the types of artificial flowers created over the years, beaded bouquets are the hands-down favorite. Nothing can match the exquisite light-catching qualities of these blooms. They're created with tiny glass beads and ultrafine wire.

Begin with a small cluster of beads and loop the wires—beaded each time—around the central cluster. Since you can buy beads prestrung on lengths of string, it's not as tedious as it sounds. And because beadwork requires no elaborate skills or tools, anyone can work up a pot of posies in next to no time. To order instructions for creating these blossoms, see page 140



Teach-yourself Calligraphy

Calligraphy is a craft as old as words, but it's constantly being rediscovered. Now Hunt Manufacturing has assembled the materials needed. Once you've mastered lettering, create personalized stationery. For buying information, see page 126



Crocheting "Antique" Lace

Doilies have captured the hearts of generations of needlework lovers, collectors, and creators alike. And crocheted doilies are by far the most popular, with their lacy motifs connected by crocheted strands of thread.

This ruffly pillow is not only delightful to own, it's also fun to make. It combines several kinds of crocheted lace—an Irish crochet rose medallion, lengths of ruffles that gather as you work, and fine openwork that forms the background.

All the thread and material you'll need to re-create this doily collage is available in a kit, including two weights of white crochet cotton, variegated rose, pink, and green strands, and floss.

To order a kit, see page 140



FELTING

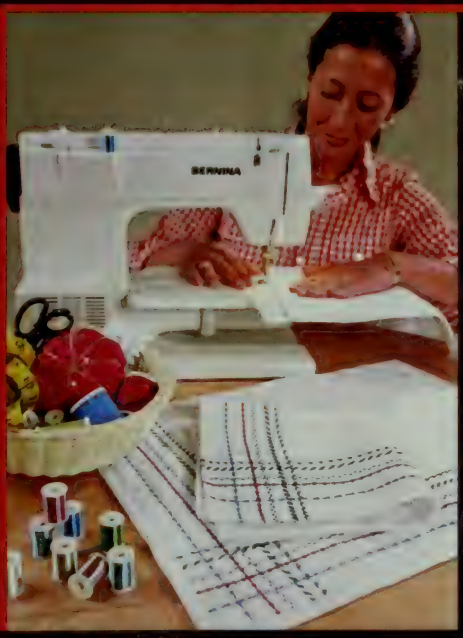
Felting is one of the oldest methods of making fabric, and predates even the simplest pieces of machinery. Today, you can make your own fabric for this multicolored horse with wool batting and the help of a washing machine.

First lay scraps of colored wool fibers and cotton threads on the wool batt to form a design or pattern. Next stitch layers of fabric to the top and bottom to secure the colored material in place atop the batting. Then wash the assembled fabric on a gentle cycle and in cold water. Lastly, remove the protective fabric from around the batt and block the felt. For more instructions, including step-by-step photographs and a pattern for the stuffed horse, see page 130



PIERCED PAPER

The best ideas are often treasured for their simplicity, and nothing is as simple as pierced paper. Begin with a heavy paper—in this case a vellum lampshade—and just punch holes in it with a needle to form a design. Strive to make the holes evenly spaced and equal in size. For instructions and a pattern, see page 135



METALLIC THREAD EMBROIDERY

To the home sewer, metallic thread stitching has always been handwork. But now Yarn Loft International offers metallics that are suitable for machine stitching because they're on spools, just as ordinary threads are.

To duplicate our place mats, cut and finish a 12x18-inch rectangle of white prequilted fabric. Run bands of machine embroidery along one side and the top edge, varying the colors to suit you. Embellish white napkins similarly. (For best results, place a sheet of typing paper under the fabric as you sew.) See page 126 for buying information.

Complete instructions begin on page 116
Designer credits, page 126
Buying information, page 126

25 EXCITING CRAFT PROJECTS FOR THE 80s

NEW APPLICATIONS

You can inject life into timeworn craft ideas just by adding imagination. That's what we've done with the afghan, *right*, worked up in a luscious new yarn.



Pretty & Practical Woodburning

Even the busiest of cooks can't stir, chop, or crush away the charm of these woodburned motifs. Adapted from Pennsylvania Dutch designs, the motifs turn these ordinary kitchen tools into eye-catching and fun-to-use accessories.

Woodburning is a craft that our ingenious ancestors developed to inexpensively decorate everyday items. Today's easy-to-use electric woodburning tool makes the craft as easy as drawing with a pencil, and the design is there to stay. For refinements such as dots, use a screw-on tip over the tool's oblique blade. For how-to and patterns, see page 142



HUCK WEAVING UPHOLSTERY

You can credit Scandinavia with originating several kinds of stitchery. One example is huck weaving, which is named after the fabric used. Here we've made a footstool cover by repeating rows of one huck weaving stitch.

To order free how-to, see page 140



LATCH HOOK MOTIF FROM *designer fabric*

Just about everyone has heard of Vera, that talented artist whose fanciful motifs adorn all types of linens and accessories. Bucilla has now incorporated several of her newest designs into a variety of colorful needlework projects. For latch hook lovers, there's this poppy-strewn rug in brilliant shades of red, pink, and green on a crisp white background. The canvas is silk-screened with the pattern in place, so it's easy to follow as you work. And both the canvas and precut acrylic yarns are machine-washable.

To order a kit, see page 140



Chenille Granny Afghan

Velvet-soft chenille, once a staple fabric for bedspreads and bathrobes, is now available in a hand-knitting yarn from Belding Lily that's just as lush and plush as the already-woven fabric. What's more, this yarn is 100-percent cotton, colorfast, and can be machine washed and dried.

This granny square afghan—made in a lap robe size—is just the thing to warm up a chilly winter evening. To vary this time-honored crochet pattern, stitch diagonal rows of squares together and add a tidy border. For how-to, see page 135. Buying information is on page 126.



LAMÉ PATCHWORK

New colored lamé fabrics give a snazzy uptown shine to these pillow tops based on traditional quilt patterns. The fabrics are available in many bright colors and are easy to machine-stitch. Here we show two different quilt patterns—an adaptation of the Around the World design and two variable star patterns.

For precision patching, use a set of plastic templates from Yours Truly. Square, diamond, triangle, hexagon, and rectangle templates are available. Since the templates are see-through, it's easy to align fabric pattern and grain as you mark the material.

To order free patterns and how-to, see page 140.

Designer credits, page 126
Buying information, page 126



Iron-on fabric designs

Plain old paper doilies are the inspiration for these daisy-fresh pillows. Begin with sheets of Dry-dye transfer paper and doilies. Following the manufacturer's directions, transfer pigment to doily to fabric. The resulting fabric is machine-washable. Edge the fabric panels with gingham and stuff them to form pillows. Buying information is on page 126.



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HE COOKS

Portuguese Kale Soup





Photographs: Helms, Dieter

Robert Madeiros dug back into the cooking heritage of his ancestors and discovered this recipe for Portuguese Kale Soup. Robert says, "This type of soup is standard with the large Portuguese immigrant population in the Rhode Island and Massachussetts area where I live. Each family or restaurant has its own variation. My recipe was passed on to me by my mother, and over the years I've made a few changes of my own."

What makes Portuguese Kale Soup different from most American soups is the use of fresh kale and chaurico or linguica—types of Portuguese sausage. If you can't buy either sausage in your area, Mexican chorizo or bulk Italian sausage makes a good substitute.

Robert says he makes big batches of soup for family meals with his son, Robert, Jr., and daughter, Sherri. He adds, "You can dress it up for company by adding crusty Portuguese (or French) bread, wine, and a favorite dessert."

PORTUGUESE KALE SOUP

6 cups water
⅔ cup dry red kidney beans
1 pound beef shank cross-cuts
8 ounces chaurico *or* chorizo *or* bulk Italian sausage
⅔ cup dry split peas
2½ teaspoons salt
6 cups torn kale (8 ounces)
2 cups peeled and chopped potatoes (2 medium)
2 cups coarsely chopped cabbage

In a Dutch oven combine water and kidney beans. Bring to boiling; simmer, uncovered, 2 minutes. Remove from heat; cover. Let stand 1 hour. (*Or* mix beans and water; cover. Let stand overnight.)

In a skillet brown beef shanks and sausage; drain well. Stir into undrained beans along with peas and salt. Bring to boiling; reduce heat. Simmer, covered, 2 hours. Remove beef shanks. When cool enough to handle, remove meat from bones; cube. Discard bones; return meat to pan. Add kale, potatoes, and cabbage. Simmer, covered, 25 to 30 minutes. Serves 8 to 10.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. If yours is selected for the He Cooks feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines.

Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

Dry lips?



If you have dry lips or sore lips, you need Blistex, the medicated ointment in the tube. Blistex soothes and softens cracked, chapped lips, no matter what makes your lips that way! It's also great to help heal fever blisters and cold sores.

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OLD-TIME HOUSEPLANTS YOU CAN COUNT ON

By Steven Coulter

In great-grandmother's day, you could count on finding certain houseplants in every parlor. The "fail-proof" aspidistra was there, dressed up in a fancy pottery or gleaming brass jardiniere. The bay window held a frond-filled wicker fernery. Around the room stood numerous plant pedestals trimmed with ornate scrollwork.

continued on page 54

Photograph: William N. Hopkins





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COST-CUTTING TRAVEL STRATEGIES FOR THE '80s



Moving into a new decade, the world and the U.S. dollar have something in common: both are shrinking, and that's bound to affect vacationing families. Buck for buck, your family can't vacation as well as it did the last time around without spending more. But you can travel just as far for your money and have just as much fun. The trick is to streamline your family's travel budget—prioritize expenses and trim wherever possible.

You're off on the right foot if you start planning early, stay as flexible as you can, and explore all the alternatives. It's also good insurance to get guarantees—on room rates, fares, fees, and so on—whenever you can. That way your budget won't be wrecked by price hikes between the time you plan your trip and the time you vacation.

And if you're looking for shortcuts, there's no quicker way to get the right deal than by working with a good travel agent. Since most services of travel agents are paid for through commissions, there's rarely any charge to you. Moreover, established agents have a fund of experience and information resources that would be difficult for you to duplicate. Shop around till you find a knowledgeable agent you feel comfortable working with.

How far you can make your vacation dollars stretch in the '80s depends somewhat, of course, on your individual vacation style. But the suggestions that follow will help you zero in on cost-cutting travel options suitable for your family.

Illustrations: Jim Buckels

continued

TRAVEL STRATEGIES

PLANNING

The economy of your vacation depends primarily on how well and how far in advance your trip is planned. You can save a bundle, for example, simply by vacationing when others don't. So choose when and where you vacation carefully. The high-priced peak season at one destination is the slack time at another. And by scheduling your visit during the "shoulder" season (just before or after the busy time), you can cut costs considerably without affecting your fun.



Package plans

With a prepackaged vacation, you'll know in advance what you're buying and for how much—provided you choose a package with guaranteed rates. Otherwise, the package price may go up before you get a chance to take your vacation. Off-season packages are the best buys.

Picking the right package calls for comparison shopping. Packages include almost any combination of lodgings, meals, sight-seeing, etc. Accommodations-only packages focus on reduced room rates. In more comprehensive packages, savings come in the "extras," like admission to local attractions, restaurant discounts, and unlimited tennis. The question is whether or not these extras justify staying in an expensive hotel, or perhaps vacationing with certain restrictions and limitations, such as having all your meals in the hotel restaurant.

Hotel and motel packages are just right for mini-vacations and stopovers. Weekend packages are particularly good buys at big city hotels. For a midweek time slot, resorts offer the best package deals. But no two packages are alike, even within the same hotel chain. Contact individual establishments directly, and get the lowdown on *all* the plans before you decide.

Air fares

Booking flights in advance almost always saves money, and timing your trips for midweek and/or night flights may cut the tab even more.

Investigate free stopovers, particularly on international flights. Since airlines don't advertise these opportunities and they don't apply to some discount fares, it's up to you—or a travel agent—to ferret them out.

Also check into tour-basing (IT) fares, which often include stopovers at no extra charge. Occasionally, routing a domestic itinerary through a nearby international destination in Canada or Mexico will give you free stopover privileges in the U.S.

From time to time, domestic and foreign airlines offer unlimited use fares at a flat rate, usually good on most routes served by the carrier. The only limitation is time. For example, last fall Eastern Airlines' 21-day unlimited use deal for two or more people traveling together cost $299 per passenger. These fares are tough to beat for vacation trips involving lots of different destinations.

European vacations

Pick destinations on the basis of "dollar power." The buck won't go far in countries like Germany and Switzerland anymore, but Italy, Spain, Portugal, and Greece are still good buys.

Several European countries offer bonus programs with discounts on lodgings and sight-seeing to induce you to begin your sojourn there. Check airlines serving the country or the national tourism office. Most countries staff tourist information offices in New York City.

Money matters

If you buy traveler's checks in the foreign currency (marks, francs, lira, etc.) of the country you're visiting, you'll be protected if the dollar's value drops between time of purchase and time of use.

Information, please

Visitors and convention bureaus, chambers of commerce, and state tourism departments (usually contacted in care of the state capitol) all supply free vacation information. Check their brochures, as well as bookstore guidebooks, for discount coupons.

Airlines, particularly those flying to out-of-the-way foreign locations, can be excellent sources of information. Most large foreign carriers have offices in major U.S. cities. Check the Yellow Pages for their toll-free numbers.

You can make lots of other long-distance inquiries and reservations without spending a penny. Look in your phone book, or call toll-free information (800/555-1212). A national directory of toll-free numbers is available for $9.95 from Landmark Publishing, Box 3278, Burlington, Vermont 05401.

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TRANSPORTATION

Getting there can still be half the fun, but it can be expensive, too. To get the most for your money, measure travel time and convenience against cost.



Driving vacations

If you're a holdout for traveling in the family car, look into stay-put vacations and destinations close to home. Most states have toll-free (800) numbers for information about gas. AAA also monitors fuel supplies.

The latest car rental bargain is "rent a wreck." Thoroughly used but dependable cars are rented at hard-to-beat prices. Most of the rental firms are listed in the Yellow Pages. Shop for package deals, special offers, and unlimited mileage rates from big-name rental car operations. Also consider "delivering" someone else's car to a vacation destination. Check classified sections of newspapers or the Yellow Pages under "automobiles."

Up in the air

Since air fare deregulation, the skies are full of bargains. But study the rules and compare deals before you buy.

The most generally useful discount for foreign flights is APEX (Advance Purchase Excursion Fares). Round-trip tickets must be purchased seven to 21 days before departure, and special rules govern the length of your stay.

Similar bargains on domestic flights are possible with discounts like Super Saver and Freedom Fares. Discounts vary among airlines, but are usually biggest when you fly midweek, off-season, and at night.

Packages that include combinations of air travel, accommodations, and other extras can mean savings, too. But shop around for a package that includes exactly what you want and is offered by a reputable "packager."

Charters are often the cheapest way to fly. Advance purchase isn't always required; there are no length-of-stay restrictions; ground arrangements are optional; and discounts for children are available. But departures can be uncertain, and charter restrictions vary among different countries.

For travelers with more time than money, standby tickets—especially for foreign flights—are money savers. Pan American offers standby rates on coast-to-coast flights in the U.S.

Another option are the no-frills bargain fares of airlines like Capitol, Trans International, and World Airways, which used to operate only charters, but now provide scheduled service.

Riding the rails

With Amtrak's family plan, one adult pays full fare and the rest of the family members get 50- to 75-percent discounts. You can't begin traveling on Friday or Sunday.

With a Eurailpass, you can travel first-class in Europe for 15 days to three months through 16 countries for $210 to $530. Kids under 12 ride for half-fare; under four ride free. Passes must be purchased before you leave the U.S. For details:

- Marketing Department, Amtrak, 400 North Capitol, S.W., Washington, D.C. 20006
- Trains, Box M, Staten Island, New York 10305. For Eurailpass information.

By bus

Both Greyhound and Trailways sell unlimited travel passes: $195 for 15 days; $325 for 30 days. Kids under 12 always ride for half-price; under five ride free.

Motor coach tour operators offer a variety of junkets in the U.S. and Canada. A travel agent can supply details. Also see:

- *Motorcoach Tour Mart*, $12.50, Grace J. Talmage and Associates, Willow Grove, Pennsylvania 19090.

Pedal power

You can take your bike on domestic flights for $12. Bikes can replace one bag on buses, trains, and overseas flights. Check in advance about packing containers. Biking resources:

- Highroad to Adventure, American Youth Hostels, Delaplane, Virginia 22025.
- American Wheelmen, Box 988, Baltimore, Maryland 21203.
- International Bicycle Touring Society, 2115 Paseo Dorado, La Jolla, California 92037.

On the seas

With new air/sea packages, cruise lines sometimes pay all or part of your air fare to the port of departure. But programs vary, so check.

Freighter travel can save you up to half what you'd pay for a cruise, but you'll have to be flexible in your vacation plans. High-seas source:

- TravLtips Freighter Travel, 40-21 Bell, Bayside, New York 11361.

TRAVEL STRATEGIES

ACCOMMODATIONS

Since staying in hotels and motels usually takes a big chunk out of vacation budgets, accommodations represent a good cost-cutting opportunity for most families. Luckily, you can now find good low-cost accommodations almost anywhere.



Budget motels

Many low-cost motel chains—like Regal 8, Knight's Inn, Red Roof Inns, Budget Host, Motel 6, Days Inn, Family Inns, and Econo-Travel Lodge—offer most of the same amenities as do higher priced operations. But, generally, the charge is about $5 to $10 a night less.

Other overnight alternatives are the "mom and pop" motels, usually independently owned and run. With careful shopping, you can find plenty of genuine bargains at these establishments, too. Some helpful budget and bargain motel resources:

- *National Directory of Budget Motels,* $2.95, Pilot Books, 347 Fifth Avenue, New York, New York 10016.
- *America on $8 to $16 a Night—4,000 Dining & Lodging Discoveries,* $5.95, Travel Discoveries, 10 Fenway North, Milford, Connecticut 06460.
- *Gomer's Budget Travel Directory,* $5.95, Hammond Inc., Maplewood, New Jersey 07040.
- *Where to Stay, USA,* $3.95, plus 50 cents handling, Council on International Educational Exchange, Books Department, 777 United Nations Plaza, New York, New York 10017.

Tourist homes

Tourist homes, or guesthouses, are private residences, often older homes. Their owners rent spare rooms, usually with bathrooms down the hall. Quality varies. Rates average $15 to $20 for two, often with breakfast. Add a couple dollars for cots or cribs for kids.

The foreign equivalent of the guesthouse is the bed-and-breakfast home. Britain, for instance, offers an extensive network of local homes that provide guests overnight lodgings plus breakfast for about $10 per head. Or for a longer stay, Family Holidays can place you in an English country home starting at about $75 per person per week. In France, you can be a houseguest almost anywhere for around $35 a day for two, including breakfast. Check the following sources:

- *Guide to Guest Homes and Tourist Homes,* $3.50, Tourist House Associates of America, Box 355A, Greentown, Pennsylvania 18426. Lists 200 establishments nationwide.
- *British Tourist Authority,* in care of June Kear, 680 Fifth Avenue, New York, New York 10019. Information about the Family Holidays plan or bed-and-breakfast stays.
- *AA Britain* (British Automobile Association): *Guide to Guesthouses, Farm Houses, and Inns,* $6.95 at most bookstores across the country.
- *Chez Des Amis,* 139 West 87th Street, New York, New York 10024. Information about vacation stays with French and British families.

European budget hotels

Low-cost European hotels aren't as easy to find as they once were, but there are still some pleasant places at modest prices—say, $25 per night for two. Many of these hotels are situated near railroad stations. Most national tourist offices can tell you more about hotel booking centers in or near European airports and train stations. Other listings:

- *AAA European Accommodations Directory,* free or for $5 to AAA members.
- *Official Hotel and Resort Guide,* at public libraries.
- *Europe on $15 a Day,* $5.95, Arthur Frommer, 380 Madison Avenue, New York, New York 10017.
- *Hotel and Travel Index,* on reference shelves at most public libraries.

Travelers' cooperative

The Travelers' Directory is a co-op, and your $10 listing fee gets you some 600 potential houseguests—as well as some 600 new friends who will put you up when you're passing through. There are members abroad and in most states. Write *The Traveler's Directory,* 6224 Baynton Street, Philadelphia, Pennsylvania 19144.

Hosteling

The word here is Spartan—but the rates are hard to beat: $2 to $6 a night per person. Accommodations are usually sex-segregated, communal-style dorms, and travelers share a big common kitchen and other public rooms.

The International Youth Hostel Federation comprises some 5,000 hostels in 50 countries. YM/YWCAs, church groups, and other organizations also

continued


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Travel strategies

ponsor hostels. For details, contact:

- American Youth Hostels, Delaplane, irginia 22025.
- Canadian Hostelling Association, 33 River Road, Vanier City, Ottawa, ntario, Canada K1L 8B9.

House swapping

Swapping your house for someone lse's is one way to enjoy a rent-free, ay-put vacation. You can choose from ccommodations that range from rustic etreats to elegant town houses and ist plain comfortable homes in the tates and abroad.

House swapping won't cost much more han the price of a listing in a house-wapping directory (usually $15 to $50). ut a swap can take six months to a year o arrange. For specifics:

- Vacation Exchange Club, 350 Broad-ay, New York, New York 10013.
- Holiday Exchanges, Box 878, Belen, lew Mexico 87002.
- Adventures-in-Living, Box 278, Vinnetka, Illinois 60093.
- Inquiline Inc., 35 Adams Street, ledford Hills, New York 10507.

On campus

When school is out, $5 to $7 a night er person buys a comfortable room on nany college campuses. As a bonus, ou'll probably get to use recreational acilities and to eat in the school's cafe-eria. For specifics, check *Where to Stay USA* and/or one of the following:

- *Lovejoy's College Guide*, $6.95, Si-non and Schuster, 1230 Avenue of the Americas, New York, New York 10020. ists U.S. colleges and universities.
- *Mort's Guide to Low-Cost Vacations nd Lodgings on College Campuses*, 6, Box 630, Princeton, New Jersey 8540.
- Canadian Bureau for International Education, 141 Laurier West, Ottawa, Ontario, Canada K1P 5J3.
- University Holidays, AAD Associ-tes, Box 3927, Amity Station, New Haven, Connecticut 06525. Concerning ampus stays in England.

Camping

Tenting is a prime prospect for a sleep-cheap vacation, especially at Forest Service campgrounds, where you camp free or for as little as $1 to $4 a night. Rates typically run about $5 in state and national parks and about $7 in private campgrounds.

If you don't care to haul a tent around, you might rent one. Kampgrounds of America (Box 30558, Billings, Montana 59114) offers a rent-a-tent program at some 200 campgrounds in the U.S. and Canada. Some state parks (in Arkansas and Ohio, for example) also have reasonably priced rent-a-tent sites. Campground directories:

- *Campground and Trailer Park Guide*, $8.95, Rand McNally and Company, Box 7600, Chicago, Illinois 60680 (regional editions also are available).
- *1980 RV Campground and Services Directory*, $8.95, plus $1.50 for handling, Trailer Life Publishing Company, 29901 Agoura Road, Agoura, California 91302 (Canadian edition, $9.95).
- *AAA Camping, RV and Tent Sites*, (11 editions covering selected campgrounds in the U.S. and Canada), free to AAA members.

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Being your best is not a part-time thing. That's why it makes good sense to order Sanka® Brand Decaffeinated Coffee out, as well as having it at home. It's 100% delicious coffee, but 97% caffein-free. Enjoy it with good friends and be your best, anywhere.

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Sanka®. The coffee that lets you be your best. At home.
And away from home.

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begins on page 44

Old-time houseplants

They supported pots of Christmas cactus, begonias, hoyas, amaryllis, geraniums, ivies, sansevieria, and perchance a Moses-in-a-boat or a century plant. Lush parlor palms lurked in the corners or behind chairs and sofas. Spider plants, wandering Jews, and asparagus ferns dripped from brackets secured to the window frames.

But fashions change, and in time these dependable plants were labeled old-fashioned and thrown out along with great-grandmother's crocheted antimacassars, postcard albums, stereoscopic views, napkin rings, and the requisite row of family photos atop the upright piano.

But we believe a good plant is timeless; so if you like the lines, color and texture, and reliability of a certain plant, give it a home. Chances are you're already well acquainted with some of our "old-timers." There are no touchy exotics here, just comfortable, easy-to-live-with green friends.

1. Norfolk Island pine. This slow-growing evergreen tree tolerates generous watering as long as the surplus drains away quickly. Water less during the winter dormancy period. Place your Norfolk Island pine in good indirect light, but avoid subjecting the tree to direct sunlight. When needles on the lower limbs start to turn brown, cut off those branches flush with the trunk. Feed the tree no more than once a month and only during the active growth periods of spring and summer.

2. Variegated rubber plant. This ornamental relative of the edible fig needs strong, indirect light (but no full



CREAM PIE VS.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain lemon cream pie. On the right, a luscious Lemon Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Dream Pie is easy to make 'cause you use Jell-O Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl.

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GF GENERAL FOODS

sun) and regular watering—keep the soil just moist to the touch. Supply good drainage by lightening a regular potting soil with a little sand or perlite. Feed the plant several times a year with a houseplant fertilizer.

To propagate your rubber plant, root tip cuttings in water or vermiculite, or half-and-half vermiculite and peat moss. A leggy stem may be shortened by air-layering. Continue watering the stub; it should sprout new growth.

3. Agave. This succulent is often called century plant, and its many varieties are indeed long-lived. When mature, the agave flowers once, then gradually dies. Give your plant good light, even south sunlight. Pot the plant in a porous soil mix to assure quick drainage. Water well every other week, except during winter when plant growth slows and the agave needs just enough water to keep the roots from drying out.

4. Dwarf palm *(Chamaedorea elegans).* This is also called parlor palm, and incorrectly called *Neanthe bella.* By any name, it's the perfect plant for you if the light in your house is poor and you tend to neglect your green companions. This palm will survive your haphazard watering practices and actually prefers low-light conditions. Don't expose it to full sun or you'll burn the fronds. Provide good drainage and water less often in winter. The parlor palm rarely reaches more than six feet in height.

5. Hoya. This vine, commonly called wax plant, prefers very bright light or full sun. Mature hoyas may produce clusters of white, waxy blossoms in the spring. Let the soil dry slightly between waterings, and reduce the amount of water in late fall and early winter to encourage spring blooming. Use a porous potting soil for quick drainage.

6. Variegated airplane plant or spider plant. This plant also loves bright light. It will benefit from summering outdoors in a spot protected from damaging wind. Add water whenever the surface of the soil feels dry. Feed mature plants three or four times a year. Let newly potted plants become well established before feeding them, to avoid possible fertilizer burn.

Propagating your airplane plant couldn't be easier. Simply root the cascading plantlets that give this houseplant its unique appeal. Near the parent plant, place a five-inch pot filled with a soil mix of half-and-half peat moss and sand. Water the mix well. Use a hairpin or a bent loop of wire to pin a plantlet firmly to the soil in the small pot. Don't sever the runner leading to the parent plant. The plantlet should form new roots in four or five weeks. Keep the soil mix uniformly moist during this critical time. Gently feel the base of the new plant to tell if it's firmly anchored in the soil. When the new plant holds fast under light pressure from your fingers, you know it's rooted and you can then sever the runner.

7. Asparagus sprengeri. This is the most common of the asparagus ferns. It has been a favorite hanging houseplant for generations. Part shade or filtered light is ideal; avoid direct sunlight. Keep the soil moist, but never soggy. If needles turn brown and drop off, the air may be too warm and

continued on page 58



Lemon Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP®
2¾ cups milk
2 packages (4-serving size) JELL-O® Brand Lemon Flavor Instant Pudding*
1 prepared pie crust

***or use any other flavor**

a. Prepare whipped topping mix as directed on package (using 1 cup milk) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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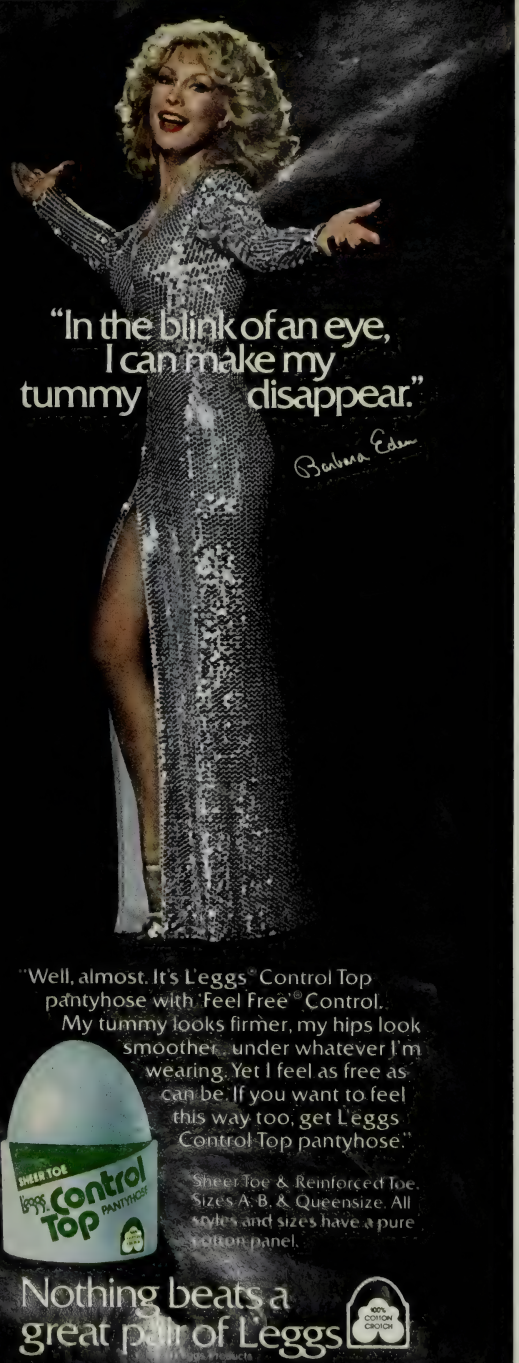


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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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continued from page 55

Old-time houseplants

dry. Mist the foliage regularly or use pebble trays to provide additional humidity, especially during winter.

8. Variegated sansevieria. Call it whatever you wish: snake plant, hemp plant, mother-in-law's tongue. The important thing is that sansevieria endures where other plants succumb. If you relegate it to dim light, haphazard watering, heat, dust, dry air, it survives. About the only way to kill it is to drown it with too much water.

But if you pamper your sansevieria with bright light and even direct east sun, and water it thoroughly every two weeks, the plant will reward your attentiveness with lush, vigorous growth. A pot-bound, mature plant may even send up tall spikes of dainty, white, fragrant blooms. Divide the roots to get more plants.

9. Moses-in-the-cradle or Moses-in-a-boat *(Rhoeo spathacea).* Small white flowers nestled in boat-shaped bracts account for this plant's nickname. The undersides of the leaves are purplish. A variegated variety boasts yellow stripes on the leaf tops.

Bright, indirect sunlight is best for rhoeo, but it will tolerate low-light areas. The key to success is keeping the soil moist but not soggy. Insufficient water may cause leaf tips to turn brown. Trim away the affected areas. The offsets or suckers that sprout near the base of the parent plant may be removed and potted up separately.

10. Crested begonia. This lettuce-leaf begonia is only one of many rhizomatous begonias grown for their distinctive foliage. Hairy, textured leaves arise from the short rhizomes. Foliage color may be various shades of green; purple and green; silver and green; or the unique rich chocolate and green of the venerable iron cross begonia.

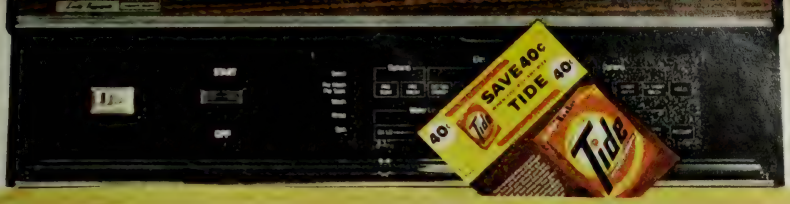
Provide strong, filtered light for all rhizomatous begonias. Keep the soil evenly moist, and make sure it drains quickly.

11. Aspidistra. Every proper Victorian parlor displayed an aspidistra. It's called the cast-iron plant, and with reason. It's extremely tolerant of adverse conditions and neglect.

While aspidistra will survive in dark corners, it will become more luxuriant near windows in filtered or indirect sunlight. Water the plant thoroughly, then let the soil dry a little. Overwatering will cause more problems than underwatering. Solid green aspidistras prefer rich soil, but variegated varieties will revert to all green if the soil is too rich. Divide the roots to obtain more plants.

12. Boston fern. Last but not least of our durable dozen is a descendant of one of the oldest known plants on this planet. Ferns were well established before the age of the dinosaurs, and later lent their name to the wicker fernery that often held the place of honor in the sunny bay window of great-grandmother's front parlor.

But the fact is, ferns have a penchant for low light conditions. If your fern is in a south or west window, dilute the intensity of the sun with sheer curtains or adjustable shutters. Keep the soil evenly moist, but not soggy. Use a light soil mix for quick drainage. Mist the foliage on sunny mornings. To get more plants, divide the roots.



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Anita L. Carmahan

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Parsnip pointers



Photograph: Dieter

While parsnips are shaped like carrots and both are root vegetables, the resemblance stops there. Parsnips are creamy white and take on a banana-like texture and mild, sweet flavor when they're cooked. You can find parsnips the year-round, but they're most plentiful during late fall and winter months. Choose parsnips that are small to medium in size, firm, smooth, and shapely.

Store parsnips tightly wrapped in the refrigerator crisper for no more than two weeks. To ready parsnips for cooking, wash them and peel or scrape off the heavy wax coating and outer skin.

PARSNIPS AND BACON

1 pound parsnips
2 slices bacon
2 tablespoons chopped onion
1 tablespoon snipped parsley

Peel parsnips and cut into julienne strips. Cook bacon till crisp; drain, reserving drippings in skillet. Crumble bacon; set aside. Add parsnips and onion to reserved drippings; toss to coat. Sprinkle with ½ teaspoon *salt* and ⅛ teaspoon *pepper*. Cover and cook over low heat about 10 minutes or till tender, stirring often. Add bacon and parsley; toss. Serves 4.

BAKED PARSNIP CROQUETTES

1 pound parsnips, peeled and cut up
1 tablespoon finely chopped onion
2 tablespoons butter *or* margarine
1 tablespoon all-purpose flour
¼ cup milk
1 tablespoon snipped parsley
3 cups plain croutons
1 beaten egg
2 tablespoons butter *or* margarine, melted

In saucepan cook parsnips, covered, in a small amount of boiling salted water about 15 minutes or till tender. Drain thoroughly. Meanwhile, in saucepan cook the onion in the 2 tablespoons butter or margarine till tender but not brown. Blend in the flour, ¼ teaspoon *salt*, and a dash *pepper*. Add milk; cook and stir till mixture bubbles.

Mash parsnips; stir into the thickened mixture along with parsley. Cover and chill several hours. Using about ¼ cup mixture for each, shape parsnip mixture into 8 balls. Crush croutons slightly. Dip in beaten egg, then coat with crushed croutons. Place in a shallow baking pan. Drizzle with the remaining 2 tablespoons melted butter or margarine. Bake in a 375° oven for 25 to 30 minutes or till heated through. Makes 8 servings.



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Cooking with liqueurs

Why wait till after dinner to enjoy liqueurs? They can add delightful flavor a variety of recipes, from main dishes to desserts.







Photographs: Dieter

FRUITED HAM SUZETTES

1 recipe Crepes
¼ cup sugar
2 tablespoons cornstarch
Dash salt
1 cup chicken broth
½ cup orange juice
⅓ cup orange liqueur
3 tablespoons butter *or* margarine
2 teaspoons lemon juice
3 cups chopped fully cooked ham
1 11-ounce can mandarin orange sections, drained
½ cup seedless green grapes, halved

Make Crepes: Beat 1 cup *all-purpose flour,* 1½ cups *milk,* 2 *eggs,* 1 tablespoon *cooking oil,* and ¼ teaspoon *salt* till blended. Heat a lightly greased 6-inch skillet. Remove from heat; spoon in 2 tablespoons batter. Lift and tilt skillet to spread batter. Return to heat; brown on one side. Invert onto paper toweling. Repeat to make 16 crepes.

Mix sugar, cornstarch, and salt. Stir in broth and orange juice. Cook and stir till bubbly. Add liqueur; cook 2 to 3 minutes. Remove from heat; stir in butter or margarine and lemon juice. Set aside.

For each crepe, place ham in center on unbrowned side of crepe. Fold in opposite edges to form a square. Place, seam side down, in a 13x9x2-inch baking dish. Stir oranges and grapes into sauce. Pour over crepes. Cover; bake in 375° oven 20 minutes. Serves 8.

COFFEE ANGEL PIE

Coffee liqueur gives this dessert its rich, delicate flavor—

3 egg whites
1 teaspoon vanilla
¼ teaspoon cream of tartar
Dash salt
1 cup sugar

• • •

1 4-serving-size package *regular* vanilla pudding mix
1 teaspoon unflavored gelatin
1½ cups milk
½ cup coffee liqueur
1 cup whipping cream

Bring egg whites to room temperature; add vanilla, cream of tartar, and salt. Beat to soft peaks (tips curl over). Gradually add sugar, beating till very stiff peaks form (tips stand straight) and sugar is dissolved. Spoon into a lightly buttered 9-inch pie plate; spread on bottom and sides to form a shell. Bake in 300° oven for 45 minutes. Turn off heat and let meringue dry in oven with door closed at least 2 hours. Cool completely.

In saucepan combine vanilla pudding mix and gelatin. Stir in milk. Cook and stir over medium heat till mixture is thickened and bubbly. Remove from heat. Stir in liqueur. Cover; cool thoroughly. Whip cream to soft peaks (tips curl over); fold into pudding mixture. Pile into cooled meringue shell. Chill at least 4 to 6 hours or overnight. Cut in wedges. Makes 8 servings.

PRALINE MOUSSE

You can use a 1-quart soufflé dish or individual soufflés—

¼ cup packed brown sugar
1 envelope unflavored gelatin
⅛ teaspoon salt
¾ cup cold water
3 beaten egg yolks
⅓ cup Praline liqueur
3 egg whites
¼ cup granulated sugar
1 cup whipping cream
3 tablespoons chopped pecans

Wrap a 2-inch-wide strip of foil around top of a 1-quart soufflé dish to form a collar. (Or use individual soufflé dishes without collars.) Fasten with tape. In saucepan combine brown sugar, gelatin, and salt. Stir in water. Stir over low heat till dissolved. Stir *half* of hot mixture into beaten egg yolks; return to saucepan. Cook and stir over low heat about 2 to 3 minutes or till mixture coats a metal spoon. Remove from heat; stir in liqueur. Chill till partially set; stir occasionally. Beat egg whites till soft peaks form (tips curl over); gradually add granulated sugar, beating till stiff peaks form (tips stand straight). Whip cream till soft peaks form. Fold stiff-beaten egg whites and whipped cream into gelatin mixture. Turn into the 1-quart soufflé dish or individual soufflés. Chill till firm, at least 6 hours or overnight. Remove collar; sprinkle top and sides with nuts. Makes 8 servings.



Why does Pennsylvania House put so much work into a part of this china cabinet you won't even see?

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ld-fashioned ideas about making
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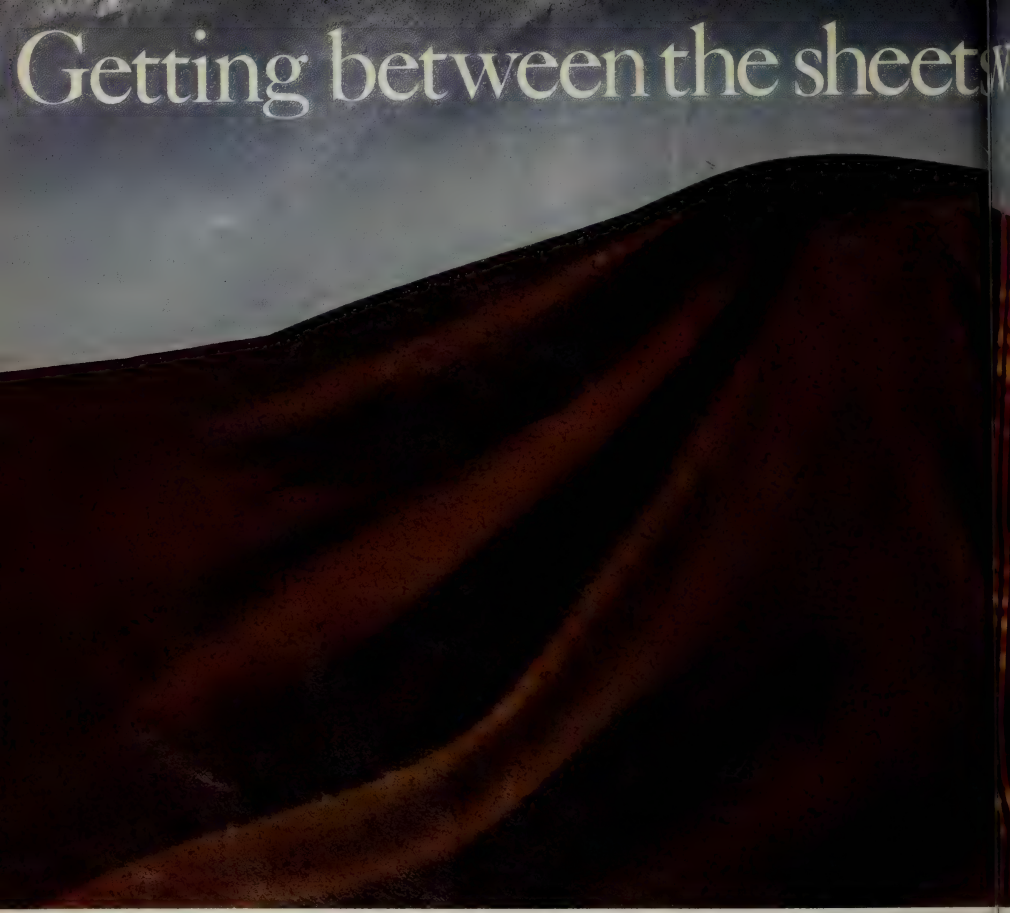


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PENNSYLVANIA HOUSE

Getting between the sheets

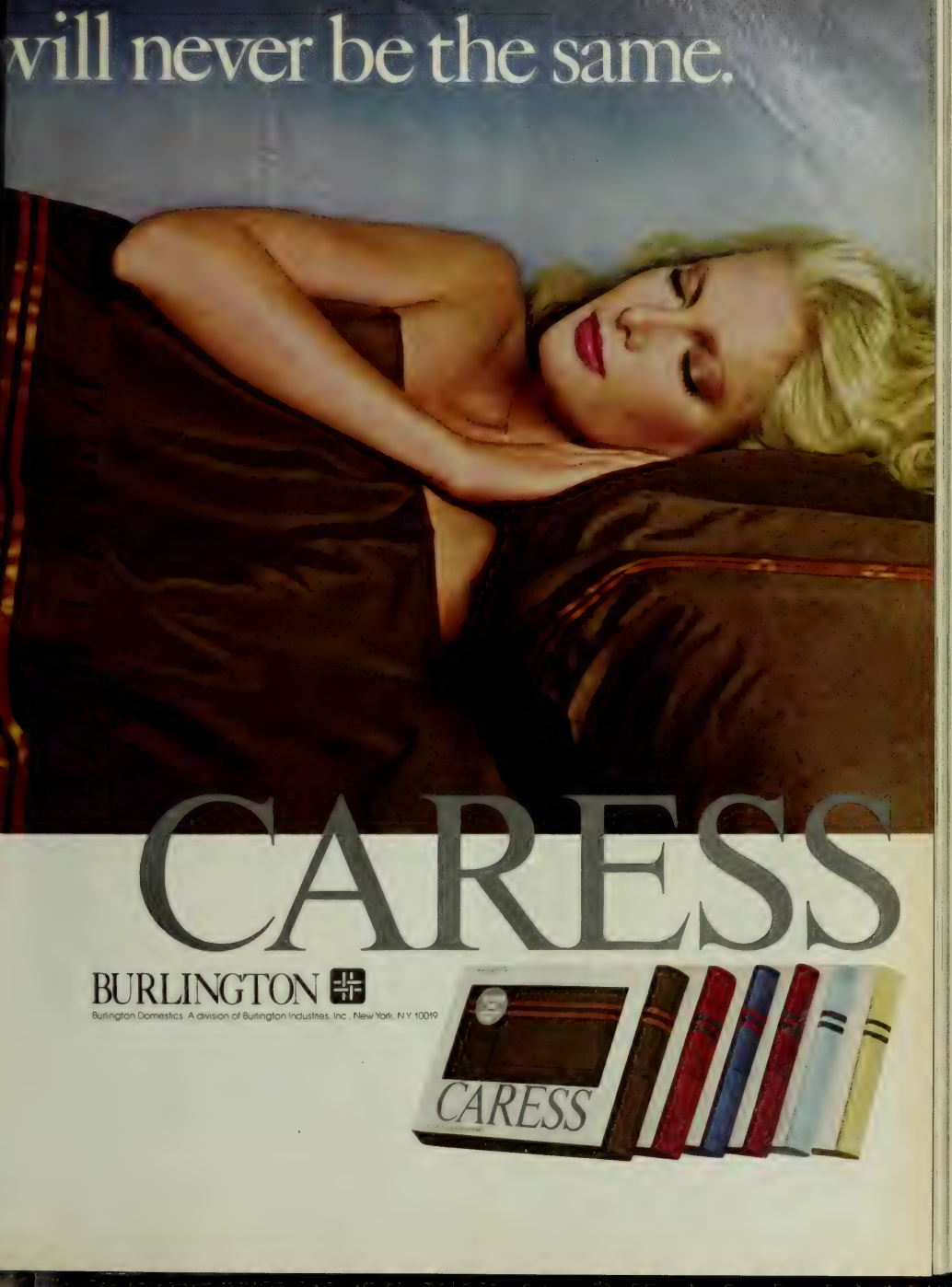


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A space-making dining addition

Cooking and eating in the same 10x12-foot space can be a bind, so the owners of this home added on an eat-in area. Now there's plenty of elbow room *and* a pleasant place to eat.



Photographs: Maris/Semel. Design: Philip Smerling. Source: Bonnie Maharam

The 10x10-foot dining addition has a bump-out bay window, a peaked ceiling, and clean lines that give the area a spacious and uncluttered look. The deep bay ledge is perfect for plants or for kittens to warm themselves in the winter. An angled corner shelf makes a convenient desk and planning center.



White laminate cabinets and counters freshened up the kitchen, which now has room for a dishwasher, built-in refrigerator, plenty of counter and cabinet space, and a new bookshelf. What looks like brick paver tile on the floor is really vinyl.



LouverDrape Verticals–100 more choices in texture & color.

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And the Vintage design coordinates beautifully with Kohler's "Antique" faucets, the Birthday Bath and pedestal lavatory—the Chablis.

Shown here in traditional white, the Vintage, the Birthday Bath and Chablis are available in a variety of Kohler colors.

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For more information, look for your Kohler dealer in the Yellow Pages or send 50¢ to Box S S, KOHLER CO., KOHLER, WIS. 53044.

THE BOLD LOOK OF KOHLER

The Antique Look by Kohler. A nostalgic glimpse of the past.

A ranch house branches out

Pushing out the front wall of this modest ranch home just ten feet solved a severe traffic problem and created some needed new space.

The owners gained an entry, den, and breakfast room and made their living room seem larger by borrowing visual space from the den.



Photographs: Ernest Braun



Interior Design: Eva Victor. Source: Helen Heitkamp

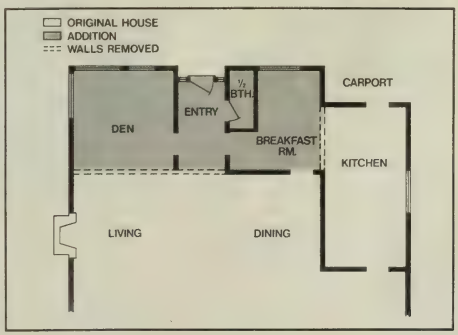
Originally, the front door opened into one end of a long, narrow room used both as a living room and a dining area. Besides being awkward for greeting guests—and subjecting a large open area to cold winter gusts—the lack of an entry turned the living and dining spaces into major traffic zones. Now a 5x10 entry buffers traffic and graciously funnels it into the living room. The two chairs in the living room, *photo top,* serve as a divider between the living area and the new den. Traffic from the new entry, just out of camera range on the right, is channeled past the living room furniture and on to the rest of the house.

To keep costs down, some of the original doorways were left as is, rather than replaced by walls. The old front door, just to the right of the dining room hutch, *top right,* now leads to a new breakfast room. The door is nearly invisible because it was papered to match the rest of the dining room. The disguise frees up the wall area to the left of the door for furnishings. That large dining room mirror not only gives the illusion of a much deeper room, but also covers the old door to the kitchen; this door, too, remains intact if it's ever needed.

The den/guest room, *middle photo,* was added to the front of the house and is adjacent to the living room. When the den is needed for guests, the room can be closed off by sliding accordion-pleated doors over the opening. Usually, though, the doors are pulled back to create a continuous flow of space between the two rooms. The same wallpaper and carpeting has been used in both to unify the new L-shaped area visually.

As the plan shows, *bottom right,* the addition packs a lot of function into a minimum amount of new space. Except for a beefed-up kitchen, the remodeling was accomplished without changing the original floor plan.







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A lofty retreat for a one-story house

Does your one-story house make you feel closed in? You can expand your horizon by removing part of the ceiling to reveal the roof line; then turn the rest of your attic into a loft. And if you install skylights across the newly exposed roof as this homeowner did, sunlight will brighten both the old room and the new attic retreat.



Photographs: George de Gennaro. Design: Robert Ross. Source: Pauline Graves

Only the central part of the ceiling in this study was removed during the remodeling. Fortunately, it wasn't necessary to remove any load-bearing walls—but to support the loft, 2x8s were added to the soffits at the perimeter of the newly opened ceiling. A 6x9-foot skylight overhead makes both rooms sunny and bright. The skylight is made of reinforced glass framed with 1x8s and supported by 2x2s set 22 inches apart.



The new attic loft runs the length of the study below and is eight feet wide. It can be reached from the study via a rustic pole ladder. The studs in the wall behind the ladder were left uncovered to serve as uprights for bookshelves. Shelves were also built-in along the side wall. The ceiling height of the loft is 5½ feet at the ridge and three feet at the bookcase wall.

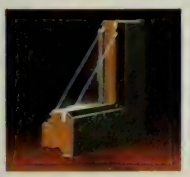


Pella wood windows have more energy-saving insulation.

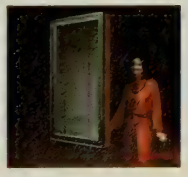
Pella's Double Glass Insulation System, with its full 13/16″ air space between panes, outperforms ordinary welded insulating glass . . . yet it can actually cost less. Other important features that make up Pella's exclusive combination of advantages and options are described below. All in all Pella has more to offer than any other wood window available.



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No dishwasher detergent can prevent water spots.

This glass was washed with a leading dishwasher detergent. Any detergent can leave water spots, because spots form in the rinse cycle, after your detergent has gone down the drain.



During the day, sunlight streams into the solarium entry through the 4x8-foot skylight. The skylight's roundness softens the profile of the added-on area and smoothly blends the design of the new entry with the contours of the house. The skylight has a clear acrylic inner dome plus a bronze-tinted outer dome that filters out some of the sun's glare. More natural light enters through the fixed glass wall panels, made of insulating glass to help reduce heat loss.

As guests enter, they're greeted by a variety of lighting effects. A cove of indirect lighting from incandescent showcase lamps surrounds the entry skylight. Pinpoint low-voltage lamps accent the plants that thrive in the entry addition.

BUILDING

A SUNNY ENTRY ADDITION



Photographs: William N. Hopkins. Source: Jean Eblen

Does your house lack a formal area for greeting visitors? Here's how one family got the entry their house needed—and a sun-filled room for their houseplants, too. Large expanses of insulated glass, a skylight, and lighting effects combine to make this entry dramatic by day or night.

The 6x12-foot entry was built over an existing concrete stoop. Durable glazed brick, used as the interior flooring as well as the treads and risers of the entry steps, gives indoor/outdoor continuity.

Jet-Dry can, because it works in the rinse cycle.

This glass was washed with the same detergent and Jet-Dry. Jet-Dry makes rinse water sheet off without leaving drops or spots. It comes in Liquid form for machines with dispensers. And Solid for machines without.

Jet-Dry. Recommended by leading dishwasher manufacturers.

What's what in craft naturals

You'll find a bounteous selection of natural materials in craft supply stores these days. What used to be hard-to-locate specialty items are now crafters' staples. Following is some helpful buymanship information on these once-exotic materials.

Straw

Straw is primarily used for wheat weaving. It is available in six common varieties: wheat, broom wheat, beardless wheat, black-bearded wheat, oat, and barley. Straw is available in packaged bundles in craft stores.

If you would rather harvest your own grain, cut the stalks after the plants turn from green to yellow-gold (about two weeks before they are usually harvested). The grain feels doughy when pinched—not tacky or brittle. To dry freshly picked straw, place the stalks where there is good ventilation.

Straw is used for many craft techniques, including weaving, plaiting, and braiding. Before working with straw, soak the stalks for 15 to 30 minutes in cold water until they are pliable. Wrap the straw not immediately used in a damp paper towel until needed.

Cones and pods

As with straw, you can either buy cones and other dried materials or gather your own. Store-bought cones and pods are usually clean and insect-free, but a store's selection may be more limited than what you could gather yourself.

Cones from fir, pine, spruce, and cedar are among the most commonly available and come in a variety of sizes.

If you gather your own cones, clean them with a stiff brush to remove dirt. Place any cones that are sticky in a 200-degree oven for a few minutes. This helps dry out the cones and opens up the scales. After the cones have cooled, rinse them in water and let them dry thoroughly.

When collecting pods, wait until the seeds have been released. Then wash and dry the pods and store them in air-tight plastic bags. Wash seeds and nuts you have gathered and heat them for 30 minutes in a 100-degree oven to kill bugs and insects. Store similarly.

Driftwood

Bleached, weather-beaten wood can be found in craft shops as well as along beaches and shores. Driftwood sold in retail shops comes from many sources, so you are likely to find an interesting variety of colors and textures.

If you gather your own driftwood, first remove all bark and allow the wood to dry slowly away from direct sun. Use a stiff brush to remove splinters, dirt, and sand. Gouge away any knots and imperfections, and sand the wood smooth. (Always sand in the same direction as the grain of the wood.)

To further enhance the wood grain, apply any type of wood wax or polish.

Corn husks

Corn husks have become popular with those who are interested in reproducing pioneer crafts such as corn husk dolls, flowers, and wreaths.

Prepackaged, dried corn husks are available, but you can also gather corn husks directly from the field. It is best to use corn husks that have dried while still on the plant—they shrink the least and are most supple. After gathering the husks, dry them further until all green areas turn light brown.

Before beginning to work with corn husks, soak them in lukewarm water, adding a small amount of glycerine to the water to make them more pliable. Work with the corn husks while they are still damp, re-moistening them if necessary. Use T-pins, paper clips, or rubber bands to stabilize corn husks while they dry. (You can also tint corn husks with food coloring and dyes.)

Manzanita wood

The manzanita is a bushy shrub native to the southwest United States and Mexico. Because its limbs grow into gnarled and knotted curlicues, manzanita roots and branches form curious shapes. Pieces of this wood are useful to incorporate into fresh and dried flower arrangements, terrariums, and macrame wall hangings.

You'll find manzanita wood often available in natural form. Exposure to blowing sand leaves the wood clean, free of bark, and ready to use.



Beef and Mushroom Pie starts with San Francisco's Rice-A-Roni

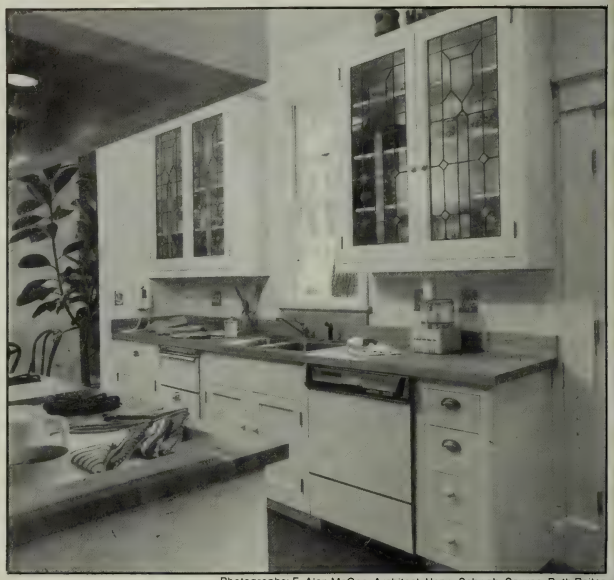
In 2 Tbsp. butter or margarine lightly brown rice and vermicelli from 1 pkg. Beef Flavor Rice-A-Roni. Add 1 lb. ground beef; finely crumble and continue browning. Stir in 2½ cups hot water, 1 (2 oz.) can sliced mushrooms, contents of Beef Flavor Packet, 1 tsp. salt, ¼ tsp. pepper. Cover and simmer 15 minutes. Cool slightly; stir in 2 well-beaten eggs. Fill 9" unbaked pie shell with Rice-A-Roni mixture. Garnish with 3 slices bacon. Bake on cookie sheet at 400°, 20-25 minutes. Serves 4-6.

A new kitchen with a mellow look

If you like the gracious feeling of an older home but want to enjoy the latest kitchen conveniences, this successful remodeling may have some ideas you can use. Instead of updating their old kitchen, Keith and Barbara Green, owners of a spacious 75-year-old home, decided to turn a seldom-used bedroom and bath into a brand-new kitchen. They set out to create a room that would blend with the rest of the house, and as you can see, they succeeded admirably.

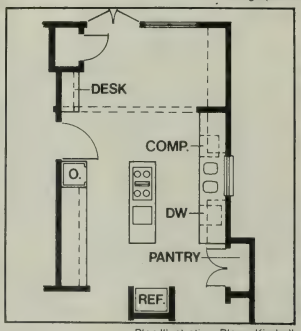
Although the Greens used the services of an architect, they did much of the framing and finishing work themselves. The cabinets were custom-built, and the plumbing and electrical work were completed by independent contractors. The new kitchen area includes a breakfast table and built-in planning center.

At the far end of the room are two sets of French doors, which let in a tree-filled view and lots of natural light. The doors can be opened wide in balmy weather and the table moved to the adjoining deck for pleasant outdoor dining in the sun.



Photographs: E. Alan McGee. Architect: Henry Schwab. Source: Ruth Reiter





Plan Illustration: Blaser Kimball



The kitchen proper is centered around a spacious island. It incorporates a commercial-gas cooktop and is topped with butcher block. The cupboards and drawers below are large enough to accommodate all the pots and pans and other gear used topside. The owners boxed in the vent overhead and made it an integral part of the kitchen design.

Both sides of the kitchen are lined with cabinets and butcher block counters. Incorporated in the lineup are modern appliances as well as stained-glass panels from the original cupboard doors. The upper cupboards are extra tall to take advantage of the lofty ceilings. Space above the cabinets is used to show off favorite pottery, old glass jars, and the family picnic basket.

For even more storage, the Greens built a sizable broom closet behind the refrigerator niche and installed two pantry closets just across the way *(see plan)*.

When you have to use a napkin with your tampon,



xpandable sponges that best to protect you best gainst tampon by-pass.

Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight

you really need Rely's double-absorbing action.

Some days it seems as though a tampon's just not going to be enough for you. So you use a napkin, too, to protect against tampon by-pass (the accident that happens when there's a gap between your tampon and you). Not very comfortable, is it?

Now try Rely.® It was specifically designed to protect you by fitting better than other tampons. Rely holds your menstrual flow in a unique way to protect you best against tampon by-pass. So you can practically forget about by-pass staining and accidents. You see, Rely is made very differently. Not with cotton and rayon. But with tiny expanding sponges and super-absorbent fibers encased in a silky outer covering.



Rely's fit: 5 minutes after insertion

The leading tampon's fit: 5 minutes after insertion

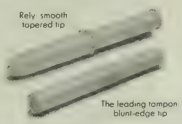
Double-absorbing action: It provides superior protection against tampon by-pass.

As soon as you insert Rely, your body's natural moisture makes the sponges expand till the tampon billows out, gently hugging you virtually wall to wall. So there's less chance of the flow escaping because of tampon by-pass. And Rely continues to fit—bending, flexing, giving—as you bend and flex throughout your day.

Only sponges absorb like sponges, and Rely's absorb almost instantly. But that's only half of double-absorbing action. It's the fibers that help keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape. Allowing the sponges to absorb even more.

All this protection and comfort, too.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But, it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assured, even women with unusually heavy flow have found security in Rely Super.



It stands to reason that a soft little pillow of a tampon has got to be comfortable. And Rely's smooth plastic inserter with a tapered tip glides in naturally, without a pinch.

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Space-expanding mirrors

When you want to make a cramped room seem more spacious, try mirrors. In addition to fooling the eye, they'll contribute sparkle and light to your decorating scheme, as these two rooms clearly demonstrate.

Right: In this pocket-size living room, a pair of mirrored panels back the sofa and supply needed brightness by reflecting both the natural and artificial light. The floor-to-ceiling hinged screens, fronted by tall, narrow strips of bevel-edged mirror, create interesting zigzag reflections that help make the room appear larger than it is. The zigzag pattern is picked up and repeated by the upholstery fabric covering the contemporary sofa. Contributing to the illusion of space is a streamlined cocktail table with a see-through top.



Photograph: Jim Hedrich, Hedrich-Blessing
Design: Jeanne Goss. Source: Jessie Walker

Below: Clever use of mirrors can add the missing sparks of personality to a room that's devoid of architectural interest. In this small minimally furnished living room, a wide floor-to-ceiling slice of mirror opens up one of the corners and downplays the boxiness of the room. A corner spotlight, concealed behind the tall potted tree, doubles the apparent depth of the space. The simple mirrored table-cube creates additional sparkle as it replays the pattern of the handsome dhurrie area rug.

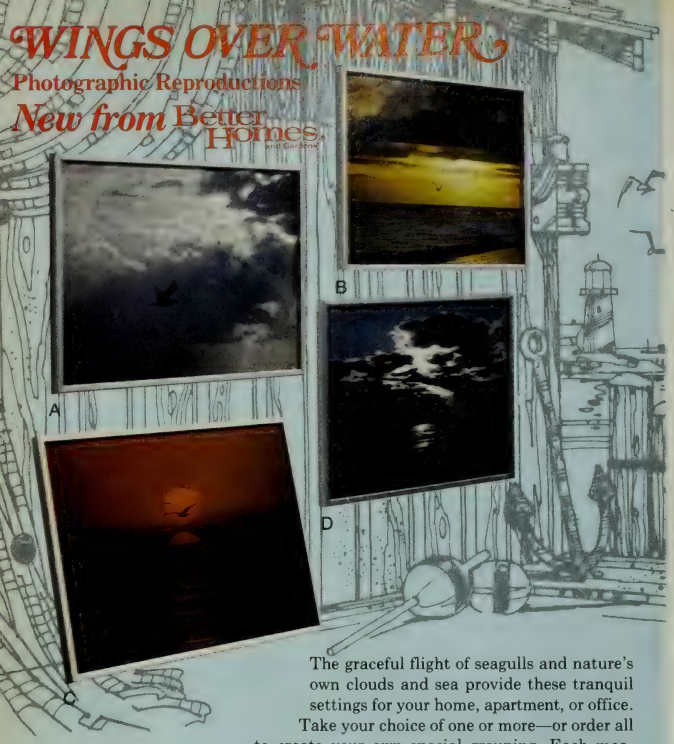


Photograph: D. Randolph Foulds. Design: Tracy Lownes, Bloomingdale's. Source: Estelle Bond Guralnick

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BUILDING

Rustic recessed lighting

When Curt and Beverly Shatto remodeled their kitchen, they got the country flavor they wanted. Here's how they managed to include a modern touch—shadow-free recessed lighting—without destroying the kitchen's character.



Photograph: William Hopkins
Source: Jean Kygar Eblen

The Shattos spend lots of time in their kitchen, and they wanted an incandescent lighting system that wouldn't create shadows on work surfaces. By hiding the lamps in the ceiling beams, they got a lighting system that's both glare-free and rustic.

The first order of business was to install a new ceiling of yellow pine car siding. The new ceiling was installed right over the old. The siding was stained, and then sealed with flat polyurethane varnish.

The next step was to build the hollow wood beams. The sides of the beams are cedar 1x6s, and the bottoms are cedar 1x8s. All were planed smooth on one side and left rough on the other. To join the three pieces, a ⅜-inch rabbet was cut along the edge of each; then the pieces were nailed and glued together, rough side out. The inside edge of each joint was reinforced every 12 inches with six-inch pieces of 1x2s. The edges of the beams were pared with a drawknife to give them a hand-hewn look.

Standard recessed lighting fixtures were installed along the bottom of each beam, and then the beams were nailed to 2x2s attached to the new ceiling. The fixtures were wired just before the beams were nailed in place.

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SKILLET STEAK

6 servings: ¼ cup all-purpose flour, ½ teaspoon salt, ⅛ teaspoon pepper, 2 pounds round steak, ½ inch thick (approx.), 1 tablespoon vegetable oil or shortening, 1 beef bouillon cube, ½ cup water, ½ cup chopped celery, ½ cup chopped onion, ½ cup thinly sliced carrot, ⅓ teaspoon nutmeg, 1 pound Country Stand Fresh Mushrooms, cleaned and sliced, 3 tablespoons butter or margarine, 1½ cups frozen peas, 2 tablespoons whole unsalted almonds (optional).

Ralston Purina

© Ralston Purina Company. 1978

Combine the flour, salt and pepper. Pound into both sides of meat. Cut into 6 serving pieces. Heat oil in large, deep skillet. Brown meat.

Add bouillon cube, water, celery, onion and carrot. Cover. Simmer for one hour.

Add additional small amounts of water if necessary. Stir in nutmeg. Simmer, covered, an additional 30 minutes or until meat is tender.

Meanwhile, sauté mushrooms in butter or margarine for about 5 minutes or until tender.

Add mushrooms, peas and almonds to meat during last 10 minutes of cooking. Correct seasoning.

For more ways to use Country Stand Fresh Mushrooms, Send $1.00 for our Fresh Ideas With Mushrooms Cookbook to Post Office Box 9687, St. Paul, Minnesota 55194.

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BAKED FISH WITH ORANGE STUFFING

Any delicately flavored white fish—such as flounder, cod, or turbot—can be used in this recipe—

1 2½- to 3-pound fresh or frozen pan-dressed trout or other fish
Salt and pepper
¼ cup chopped onion
2 tablespoons butter or margarine
2 slices bread, toasted and cut into ½-inch cubes (1½ cups)
1½ cups orange sections
2 tablespoons snipped parsley
½ teaspoon salt
½ teaspoon dried basil, crushed
Dash pepper
Cooking oil
1 tablespoon cornstarch
1 tablespoon sugar
1 teaspoon instant chicken bouillon granules
⅔ cup water
⅓ cup dry white wine
Orange slices (optional)

Thaw fish, if frozen. Sprinkle inside of cavity generously with salt and pepper. Place fish in a well-greased shallow baking pan. In a small skillet cook onion in butter or margarine till tender but not brown. Add cooked onion to toast



Photograph: Dieter



▲ French Green Beans with Toasted Almonds



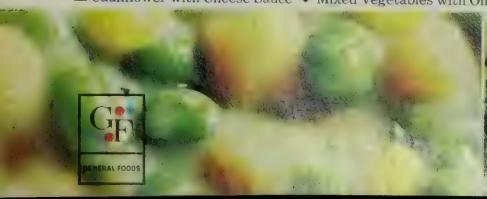
▲ Small Onions with Cream Sauce

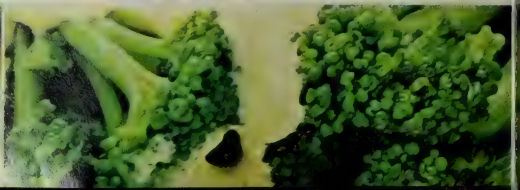


▲ Cauliflower with Cheese Sauce ▼ Mixed Vegetables with Onion Sauce



▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandaise Sau





cubes, ½ *cup* of the orange sections, the parsley, ½ teaspoon salt, basil, and dash pepper; mix well. Stuff fish loosely with fruit mixture. Brush outside of fish generously with cooking oil. Cover with foil. Bake in a 350° oven for 45 to 60 minutes or till fish flakes easily with fork. Remove stuffed fish to serving platter. Keep warm.

Meanwhile, in a saucepan combine cornstarch, sugar, and bouillon. Stir in water and wine. Cook and stir till thickened and bubbly. Stir in the remaining 1 cup orange sections. Simmer, covered, about 5 minutes or till fruit is heated through.

To serve, place fish on serving platter. Garnish with halved orange slices, if desired. Spoon some of the hot sauce over fish and pass remainder. Makes 4 to 6 servings.

CITRUS FRUIT SOUP

1¼ cups apple cider or juice
1 12-ounce can (1½ cups) apricot nectar
¼ cup sugar
2 tablespoons cornstarch
4 inches stick cinnamon, broken
4 whole cloves
¾ cup orange sections
¾ cup grapefruit sections
½ cup grapes, halved and seeded (any variety)
1 cup cubed peeled apples, peaches, pears, pineapple, or plums
½ cup dry white wine

In a saucepan stir together apple cider or juice, apricot nectar, sugar, cornstarch, stick cinnamon, and cloves. Cook and stir till boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally. Remove from heat. Stir in orange sections, grapefruit sections, grapes, cubed fruit, and wine. Cover and chill overnight, stirring occasionally. Remove cinnamon and cloves; stir before serving. Serves 5.

CITRUS PLATTER WITH HONEY-ORANGE DRESSING

When tangerines or tangelos are in season, use them as part of this refreshing platter along with the more traditional oranges and grapefruit—

1 slightly beaten egg
¼ cup orange juice
2 tablespoons honey
1 tablespoon lemon juice
½ teaspoon ground cardamom
Dash salt
½ cup whipping cream
Mixed citrus fruit
Lettuce

In a small saucepan combine egg, orange juice, honey, lemon juice, cardamom, and salt. Cook and stir over medium low-heat till mixture thickens and bubbles. Cook and stir 2 minutes more. Cover surface with waxed paper or clear plastic wrap; cool.

Whip cream to soft peaks (tips curl over). Fold into cooled egg mixture. Cover and chill dressing thoroughly. Arrange desired citrus fruits on a lettuce-lined platter. Serve with chilled dressing. Makes 1⅓ cups dressing.



ots with Brown Sugar Glaze



▲ Green Peas and Pearl Onions

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Elegant Chicken Entrées

Invite a few guests, splurge on a bottle of your favorite wine, light the candles, and serve one of these mouth-watering chicken entrées!



Photograph: Dieter

SPINACH-STUFFED CHICKEN ROLLS

Frozen patty shells replace homemade pastry in these easy-to-assemble rolls—

1½ cups chopped fresh mushrooms
1 teaspoon dried thyme, crushed
3 tablespoons butter *or* margarine
1 10-ounce package frozen chopped spinach, cooked and well-drained
3 hard-cooked eggs, finely chopped
3 whole chicken breasts, split, skinned, and boned
1 tablespoon lemon juice
1 10-ounce package frozen patty shells, thawed
1 beaten egg
1 8-ounce can tomatoes, cut up
⅓ cup chicken broth
1 tablespoon cornstarch
1½ teaspoons sugar
1 teaspoon worcestershire sauce
⅓ cup dry white wine
¼ cup snipped parsley

In skillet cook mushrooms and *½ teaspoon* of the thyme in butter or margarine till tender. Combine *well-drained* spinach, hard-cooked eggs, and mushroom mixture. Pound chicken breasts to flatten slightly. Brush surface with lemon juice; sprinkle generously with *salt* and *pepper.* Put about ⅓ cup spinach mixture in center of each breast; roll up. Roll out each patty shell till large enough to accommodate the chicken roll (about 6x8 inches). Place chicken roll, seam side down, on pastry. Fold up pastry edges; moisten to seal. Place rolls, seam side down, in 15x10x1-inch baking pan. Combine egg and 1 tablespoon *water.* Brush over rolls. Bake in 400° oven 45 to 50 minutes. If necessary, cover with foil the last 10 minutes to prevent pastry from over-browning.

Meanwhile, gradually blend *undrained* tomatoes and broth into cornstarch. Add sugar, the remaining thyme, and worcestershire. Cook and stir till bubbly. Add wine; cook 1 to 2 minutes more. Spoon over chicken rolls. Top with parsley. Makes 6 servings.

CURRY ROAST CHICKEN

½ cup chopped onion
½ cup chopped celery
1 teaspoon curry powder
¼ cup butter *or* margarine
5 cups dry bread cubes
⅓ cup chopped cashews
⅓ cup raisins
1 cup chicken broth
1 4- to 5-pound whole roasting chicken
Cooking oil

In saucepan cook onion, celery, and curry powder in butter or margarine till tender but not brown. Stir in bread cubes, cashews, raisins, ½ teaspoon *salt* and ¼ teaspoon *pepper;* toss with broth.

Rub neck and body cavities of chicken with *salt;* stuff loosely with stuffing mixture. Skewer neck skin to back. Tie legs securely to tail. Twist wing tips under back. Place chicken breast side up, on rack in shallow roasting pan. Brush skin with oil. Roast in 375° oven 2 to 2½ hours. Baste occasionally with pan drippings. Makes 4 servings.

CHICKEN AND ARTICHOKE CREPES

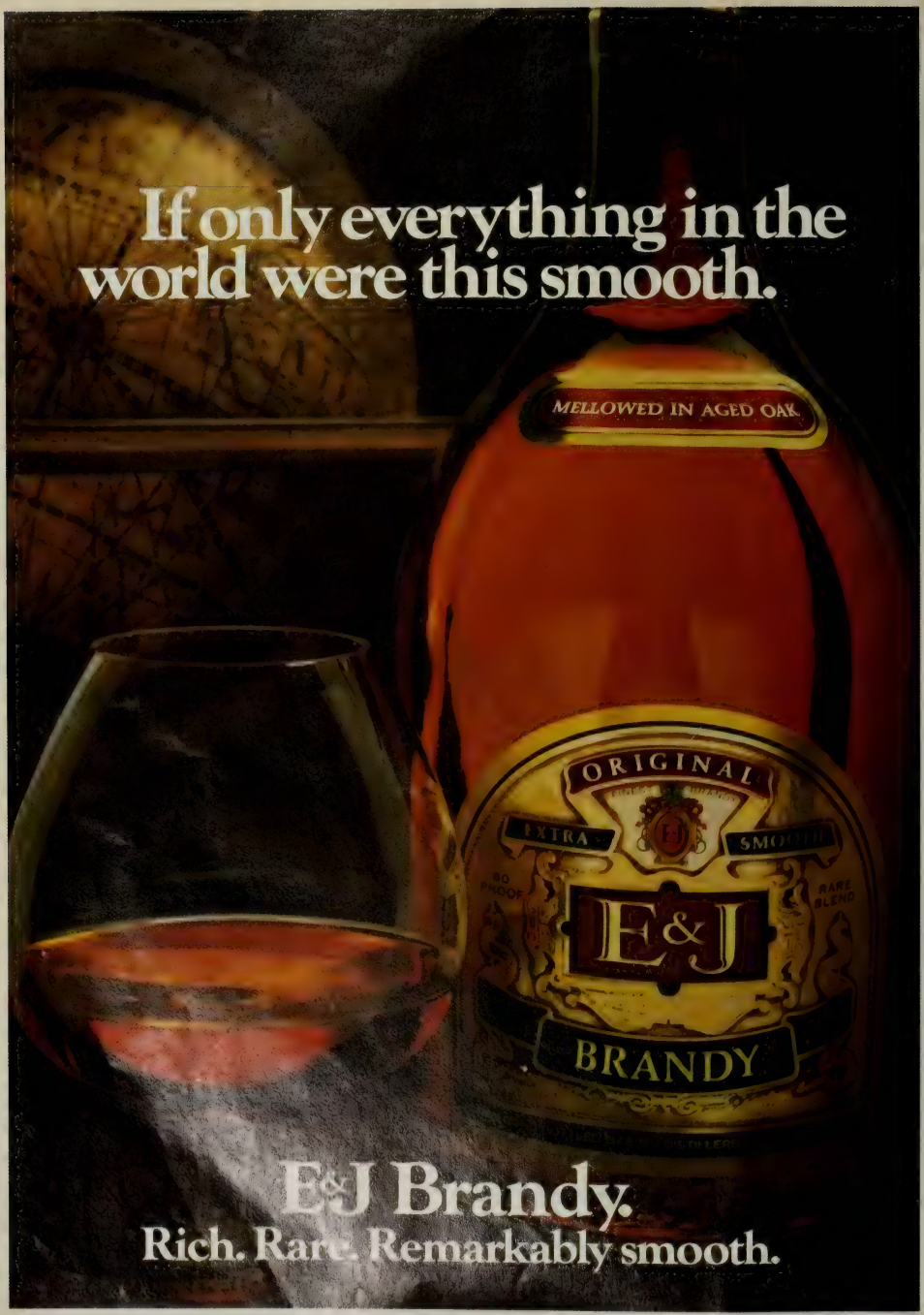
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
¼ teaspoon ground sage
1½ cups milk
¾ cup shredded Swiss cheese
1 9-ounce package frozen artichoke hearts, cooked, drained, and cut up
2 cups finely chopped cooked chicken
2 tablespoons chopped pimiento
1 recipe Crepes
Paprika

In saucepan melt butter or margarine; blend in flour, sage, ¼ teaspoon *salt,* and dash *white pepper.* Add milk. Cook and stir till bubbly; cook 2 minutes more. Add cheese; stir till melted.

Combine artichokes, chicken, pimiento, and *1 cup* cheese sauce. Spread *¼ cup* filling over *unbrowned* side of *each* crepe, leaving about ¼-inch rim around edge. Roll up; place, seam side down, in 12x7½x2-inch baking dish. Pour remaining sauce over crepes. Sprinkle with paprika. Cover; bake in 375° oven 18 to 20 minutes. Serves 6.

To make Crepes: Combine 1 cup all-purpose *flour,* 1½ cups *milk, 2 eggs,* 1 tablespoon *cooking oil,* and ¼ teaspoon *salt;* beat till blended. Heat a lightly greased 6-inch skillet. Remove from heat; spoon in about *2 tablespoons* batter. Lift and tilt skillet to spread batter evenly. Return to heat; brown on one side only. Invert pan over paper toweling; remove crepe with spatula. Repeat with remaining batter to make 12 crepes.


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SOLAR IDEA HOUSE FOR THE 1980s

AFFORDABLE AND FUN TO LIVE IN

By David Haupert



Photographs: Maris/Semel; Architect: Daryl E. Hansen; Interior designer: Jenny Fitch

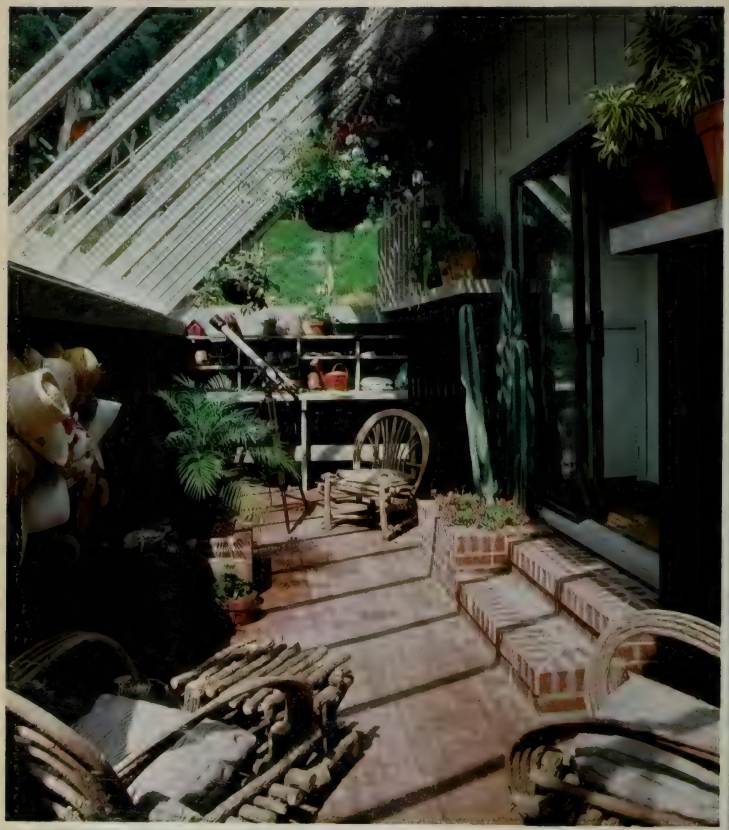
Every once in a while a really outstanding house comes along, and this is one of them. It took top prize in a nationwide design contest sponsored by *Progressive Architecture* magazine, the American Plywood Association, and *Better Homes and Gardens*. Judges spent 2½ days studying 269 entries (there wasn't a bad one in the bunch) before settling on this 1,850-square-foot beauty.

Based on a design by Minneapolis architect Daryl Hansen, this cozy little solar house was built in Chapel Hill, North Carolina, for $30 a square foot. That's a real bargain these days, especially for a home that slashes energy bills by collecting more than half of the heat it needs—for free.



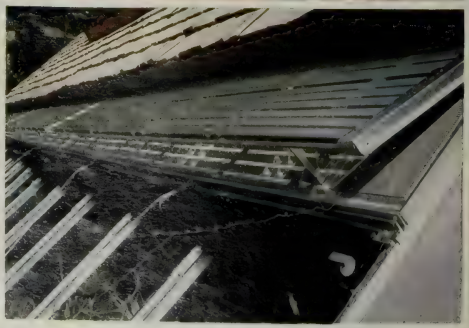
The overall heating load for the house gets a big boost from several tons of earth stacked up against the north *(bottom photo)* and west walls. Restrained by heavy duty framing, the grass-covered berms buffer the exterior walls from infiltration and excess heat loss.

Inside this energy-efficient house (as you'll see on the following pages) is a floor plan that's flexible enough to satisfy a wide variety of families and life-styles.









The heart of the passive solar system is the 32-foot-long greenhouse *(top left photo)* where the sun's heat is collected, stored, and—when needed—shared with the rest of the house. Most thermal storage occurs inside those black vertical columns standing on each side of the sliding glass door. (More columns and another slider are at right, out of camera range.) Each six-foot-tall, 3½-inch-diameter column, called an energy rod, is made of high-density polyethylene. Permanently sealed inside these rods is a special compound that changes from a solid to a liquid at 81 degrees. As the compound changes, it absorbs an amazing amount of solar heat (six times as much as the same volume of rock—the most common heat-storage medium). Later, that



heat can be released when the living spaces need it. To do so, you distribute the heat via natural convection by opening the sliding glass doors that connect the greenhouse with the den (*see plans*) and with the living room (*above*). Unwanted sun can be blocked out at any time by a roll-down shade. But if excess heat should accumulate, you can get rid of it by opening the vent along the top edge of the greenhouse (*bottom right, opposite page*).

Backup heating (and cooling) is supplied by an electric heat pump. Its operating costs at any moment are reflected in a total electrical usage figure (in cents per hour) that's displayed on a Fitch Energy Monitor *(bottom left, opposite page),* developed by R. B. Fitch, the builder of this home.

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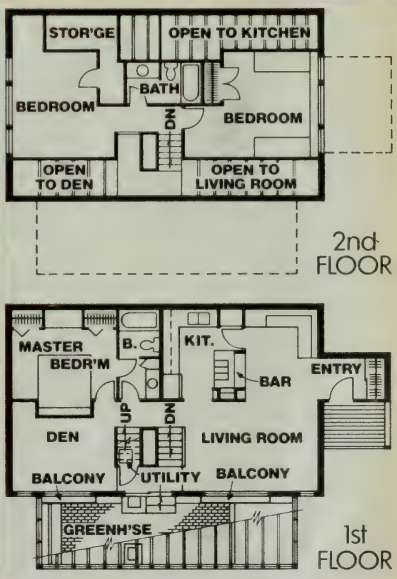
Lots of open spaces and partial ceilings maximize airflow. Study the photos of the areas just inside the greenhouse—the living room *(page 63)* and the den *(bottom photo)*—and you can trace the path of the heated greenhouse air as it flows past the open sliders and rises through the joist spaces in the ceiling. Air from the second level drops down the opposite side of the house and completes the loop to the lower reaches of the greenhouse, ready to soak up some more heat and make another cycle.

The top photo shows the sweeping panorama of the living/dining/kitchen area that greets you when you step through the entry at the east end of the house. That entry, by the way (*see plans*), could easily be converted to an energy-saving airlock simply by closing









in the porch and adding a second door.

Right around the corner from the kitchen *(top left photo)* is the master bedroom *(bottom photo)*—one of the few partitioned spaces in the house. As with most rooms on both levels, this one could serve in a variety of ways—as a home office, playroom, crafts area, library, or you name it.

Our version of the second level shows two children's bedrooms separated by a central bath. For optimum airflow, the sidewalls should be open railings; however, if you want more privacy, you can fill in the walls and install a series of large vents.

Better Homes and Gardens® House Plan 19863. To order, see page 140.

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HOW TO LIVE WELL WITH LESS

By Laurel Lund



Photograph: Harry Hartman. Design: Sherrye Henry. Source: Bonnie Maharam

Every decade poses its own challenges, and it's already apparent that the '80s will be no exception. Thanks to spiraling inflation, rising real estate costs, and the accelerating pace of life, most of us find ourselves living with a little less of everything: less money, less space, and less time.

Happily, less can be more when it comes to decorating a home in the new decade. As you'll see on the following pages, our collection of affordable, adaptable ideas can help you stretch small space, save time, and get the most mileage from every decorating dollar.





Photograph: Mike Dieter. Design: David M. Rice, FASID. Location: Decorators' Showhouse, Omaha, Neb.

LESS MONEY

How can you redo a room without undoing your budget? You'll find some answers in these two make-overs.

◀ Flea-market furniture and fabric, paint and paneling, and a little elbow grease helped transform this turn-of-the-century family room into a relaxing country-style retreat. A slightly worse-for-wear sofa was updated with a slipcover in a snappy brown-and-white print. The fabric, purchased at a dollar-a-yard mill outlet, was also used to stitch up tie-on seat cushions for an old wicker chair that's spruced up with spray-on lacquer. More fabric appears at the windows; the simple panel curtains are sewn to wood rings and hung on inexpensive curtain rods.

Walls, once covered with mock paneling and cork, were stripped and resurfaced with inexpensive rough pine sheathing. Then a coat of paint (the decorator's best buy) gave the walls a fresh new look.

A secondhand cobbler's bench now serves as a first-rate coffee table.

▲ You can tie a room together on a shoestring budget when you use dollar-wise decorating ideas like those shown here. The snappy tie-on slipcover on the vintage sofa is an inexpensive way to transform a timeworn upholstered piece into a contemporary seating unit. And the cover is simple to make. All you need are several yards of your favorite fabric, scissors, a tape measure, dime-size grommets, and a ribbon or self-tie. (For how-to instructions, see page 122.)

You can also cut down on decorating costs by creating your own custom-designed area rug. Here, sturdy awning-weight canvas was cut into a 10x12-foot rectangle and hemmed by folding the fabric edges under and securing them with white glue. A fanciful floral pattern was penciled onto the fabric and filled in with non-fade textile paint. (The paint is applied in short brush strokes to force the dye into the canvas fibers.) After the paint was set, several coats of soil-resistant spray were applied to the canvas to protect it from dirt and grime.

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Photographs: *Above and center,* Fred Lyon. Design: Betty J. Blomberg, ASID. Source: Barbara East Cathcart





LESS SPACE

When it comes to the good looks and livability of a room, it's not the amount of space you have; it's the way you use it that's important. By following some of the basic space-stretching decorating formulas shown here—like using small-scale furnishings, low-key color schemes, and fool-the-eye mirrors and mock ceilings—even the smallest room can yield big decorating results.

▲ In this one-room condominium, small-scale furnishings and a subtle color scheme help expand actual and visual space. Seating is edited to a Victorian settee, backed in a sprightly black-and-white houndstooth check, and a pair of period-style chairs upholstered in matching fabric. Antique tables near the sofa provide stashing space for books and bibelots.

Mirrors are grand illusionists, and here they're put to excellent use. The folding doors of an oversize closet are covered with mirrored panels that visually double the depth of the room.

For a space-stretching surprise, *center left,* the closet doors open to reveal a full-size fold-out bed. This updated version of the Murphy bed easily flips out to create a cozy sleeping niche. For added visual dimension, the closet interior is covered in mirrorlike foil paper.

◀ If awkward architectural angles and protrusions are gobbling up valuable living space, call some clever carpentry into service.

In this under-the-eaves room, *lower left,* once wasted wall space is put to work as a wraparound study center. The three-legged Parsons-style desk is constructed from inexpensive plywood and mounted on the wall with L-brackets.

For practicality, the unit is upholstered in scrubbable white vinyl. Two pieces of ¼-inch glass, mitered at the joint, protect the desk top from ink spills and water spots. A pair of chrome-and-cane chairs offer comfortable seating, or tuck under the study table when not in use.

To visually "raise the roof" of the alcove ceiling, the red-and-white patterned wallpaper with bold vertical stripes is ideal.

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▼ When you use your imagination to stretch a small fry's small space, the sky's the limit. And you can do the job on a down-to-earth budget. In this pocket-size nursery, a ten-foot-high ceiling made the room appear taller than it was wide. To visually balance space, a false ceiling was created with pine stair-rail poles. The mock beams rest in half-notched circles cut into wall mounted pine boards. Above, a hand-painted canopy of clouds gives the room an open, airy look.

To free up floor space, a cradle—actually a woven laundry basket—is suspended from a ceiling pole with sturdy nautical rope and marine hardware.



Photographs: *Opposite below,* Mike Dieter. Design: UNO/ASID-Student Group, Univ. of Neb. Location: Decorators' Showhouse, Omaha, Neb. *Above,* Semaring, Inc. Design: Elizabeth Marcus. Source: Estelle Bond Guralnick



Photographs: Mike Dieter. Design: Robert E. Dittmer



LESS TIME

"Too much to do and too little time" is a common complaint today. If you'd like to perk up your place without getting involved in time-consuming decorating projects, we'll show you how—and lighten your housekeeping load at the same time.

◀ Decorate a room in a day? It's not impossible when you rely on today's portable, practical, put-together furniture. These well-designed pieces come prepackaged in convenient carry-home cartons. All you do is pick out a piece you like, tote it home, unpack it, and put it together with minimum time and effort.

For example, you don't have to be a deft do-it-yourselfer to assemble this stylized deck chair. All of the components for the dual-position hardwood frame and sturdy canvas cushions and upholstery come in an off-the-shelf box. Easy-to-follow instructions make assembly a snap.

▼With a duvet, making a child's bed can be child's play. A duvet (pronounced du-VAY) is actually a quilted comforter with a decorative cover that slips on as easily as a pillowcase. The cover, which protects the quilt from normal wear and tear, can be easily removed for a quick trip to the laundry. And covers come in a variety of patterns—like the sassy stop-and-go print shown here.

To make a duvet-covered bed, you simply remove the comforter and smooth the fitted sheet. (The natural insulating properties of a duvet work best without a top sheet.) Then refluff the filling by shaking the comforter and let it settle on top of the bed.

For instant decorating impact, why not run a wallpaper border around the room? A strip of wallpaper is easier and less expensive to apply than a whole roomful, and it can also add architectural interest to otherwise bland walls. Here, a border pattern that matches the duvet was applied to the walls at dado height. We've combined it with a tattersall check paper to unify the scheme.

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▼ Clear-the-deck decorating is one great way to create a smashing room scheme while simplifying housework. In this bedroom, furnishings have been stripped to the bare minimum. Because there are fewer furniture pieces, it takes fewer hours to clean.

A step-back wall creates a built-in ledge that's ideal for displaying collectibles. Because the ledge is streamlined in design, there are few nooks and crannies where dust can hide. The center island bed on casters can be rolled out of the way for floor sweeping. And the no-wax ceramic tile floor just needs a damp mopping to give it a like-new shine.



Photograph: Semarco, Inc. Design: Don Bailey and Keith Gasser. Location : Baltimore Symphony Decorator's Showhouse. Source: Eileen Deymier

MAKE ONE ROOM WORK LIKE TWO

By CarolAnn Shindelar

If you've been dreaming of adding a new room but can't come up with the extra cash (and it takes lots of cash these days), check out the following space-stretching ideas. We've taken five average-sized rooms and squeezed a whole new room out of each. Some of the new rooms are called into use only occasionally (like the quilting center shown here), but others work full time. And the best part of all is that these "additions" cost a mere fraction of a real one.



1 FROM DINING ROOM TO QUILTING CENTER

No matter how small your house (or how lean your budget), you can squeeze a whole new room out of the space you have. Just one empty wall and two feet of unobstructed floor area are all you need.

Your dining room is a good place to start looking for easily-convertible extra space. Like many dining rooms, this one used to sit idle much of the day. Breakfast was served in the kitchen, and family members were usually at work or school during lunchtime. The room came to life only for evening meals and an occasional dinner party. Now the dining room has a second purpose—one that you'd never guess from looking at this photo.

When the dishes are cleared and the table is pushed into a corner, two built-ins turn the dining room into a sewing and quilting center. Together they provide enough storage space for even the most prolific quilter.

The built-in to the left of the window is constructed of ¾-inch plywood and opens to reveal a bonanza of quilting supplies, *right.* The top shelf is reserved for batting, and other shelves are filled with yards of colorful fabric, dozens of spools of thread, and a world of supplies. Yarn-skein-wide dividers display a goodly amount of yarn, and a pegboard wall holds quilting templates.

The pegboard panel is furred out from the back of the cabinet with ½-inch pine. The thread shelf below the panel is five inches deep, and each succeeding shelf becomes a few inches deeper; the bottom shelf is 17½ inches deep. All the shelves are ¾-inch plywood, and the yarn dividers are ⅜-inch plywood.

The tall niche on the left side of the cabinet is sized to hold quilting poles (they form the frame the quilt rests on as you work).

If the serving cart below the window looks familiar, it's probably because the family used it to serve the salad at their recent dinner party, *left.* The cart tucks behind the closed doors at the bottom of the quilting center when not in use. Wood blocks atop the cart bring this quilter's projects up to comfortable

Photographs: William Hopkins. Project design: David Ashe, The Design Concern; CarolAnn Shindelar, Interior design: Brenda Shinpaugh. Quilting Supplies: Mrs. Wigg's Cabbage Patch



working height.

On the other side of the window, *left,* the second built-in also reveals a quilter's storage paradise. The bookcase-style unit is hidden behind a floor-to-ceiling false front and rolls out on heavy-duty casters. This quilter uses the space to store her bulky pattern books, quilt batting (quilters use *lots* of batting), and in-process projects. The total depth of the built-in (including the false front) is 18 inches—the same as the quilting center on the other side of the window.

The unit is built of ¾-inch plywood. The five shelves are rabbeted in place for strength and vary in height from 14 to 20 inches. A magazine rack is recessed four inches into the false front; a four-inch section of the upright frame for the bookcase is notched out so the unit can roll past the rack.

1 FROM BASEMENT RETREAT TO KIDS' PLAYROOM

One tried-and-true way to gain an extra room is to finish part of your basement. But why not go one step further and make that new room work like two? This couple needed a place to steal away when the kids got too noisy. Their basement retreat is quiet and restful at night; who would suspect that it buzzes with activity by day?



2

Here's the same room, now alive with the happy chatter of children at play. What appeared at first glance to be ordinary storage cabinets is actually a camouflage for this fold-open playhouse. The kids use the empty space under the stairs and inside the adjacent storage unit for play space. The storage unit could, however, be closed off to provide stow-away space for bulky items.

The entire setup is built of ¾-inch plywood; exact dimensions will vary with the slope of your stairs and the design of your basement. Frame in the space below the stairs first, and then build the storage units along the wall. Those shown are six feet high and two feet deep. You can close off the open shelves with doors if you wish.

The two swing-open doors that hide the play area are attached with butt hinges. Latches aren't necessary to keep the doors closed, but you can add them if you wish. The little red door is held by a double-acting hinge so it can swing both ways. The clever tree house design is simply painted on the inside of the doors.



Photographs: William Hopkins. Project design: David Ashe, The Design Concern



1 FROM FAMILY ROOM TO GUEST BEDROOM

Everyone loves a party—and this group of friends is no exception. The family room where they've gathered is a favorite spot for impromptu partying, as well as a game and TV room for the family. But the multipurpose room has yet another function—one that's kept hidden from sight by the colorful roll-up screen.



Photographs: William Hopkins. Project design: David Ashe, The Design Concern; David Haupert, Don Wipperman

2

When the party is over and it's time for bed, the family room becomes headquarters for overnight guests. The wood screen is rolled up, wall-mounted bunk beds are lowered, and the wet bar is converted into a vanity. Towels and bed linens (as well as the liquor supply) are stored under the sink.

The wet bar is built of ¾-inch plywood and is topped with plastic laminate. Grooves dadoed into the uprights hold ¼-inch plate glass shelves that are four and one-half inches wide.

The bunk bed unit is framed with a 1x12 valance and 1x4 uprights. Attached to the ceiling is a wood screen that can be hidden behind the valance when it's completely rolled up.

The bed assembly is solidly anchored because it's screwed into the wall studs. When the beds are flipped up against the wall, they use just 13 inches of space. Standard-size mattresses come with the bed unit, along with a detachable ladder (which can be mounted at either the head or the foot of the bed) and a guardrail.

Buying information, page 126

1 FROM A LIVING ROOM TO AN ENTRY AND MUSIC ROOM

Any room that's outlived its original purpose is a good candidate for a two-rooms-from-one conversion. This too-formal living room, for example, was being ignored by family members who were spending all their spare time in the rec room.

Now a built-in divider gives the room a new lease on life. The divider is built entirely of ¾-inch plywood and separates the space into two rooms; this side is an entry, and the other half has become a music room.



2

Both of the new rooms benefit from the extra storage space the divider provides. The floor-to-ceiling section on the music room side is used for instrument and sheet music storage; the entry side is used as a coat closet. The sheet music rack in the corner is made from 1x3s slotted to hold ⅜-inch hardboard shelves. Both sides have bifold shutter doors for easy access.

The other section of the divider is about three feet tall. It hides boots and overshoes from sight at the entry and houses a fabulous collection of stereo albums for the music room.



Photographs: William Hopkins. Project design: Don Wipperman





Photographs: Ernest Braun. Project design: John Seals. Source: Barbara Cathcart

1 FROM A BEDROOM FOR ONE TO A BEDROOM FOR TWO

When two boys share a bedroom intended for one, squabbles inevitably arise over whose half of the room is whose. A divider can corral each youngster's belongings into a corner of the room that's just for him.

This ceiling-high divider gives each boy a private space for sleeping and studying, but leaves the rest of the room open for playing. The divider is built of ⅜-inch particleboard over a 2x3 frame; the bunks are 1x6s with a ¾-inch plywood base.

2

The head of each bed is supported by a 2x4 stop piece nailed to the partition by the study desk. The foot of the bed is held by a chain; whenever the boys need play space, they just lift the bunks up and attach the chain to a heavy-duty marine hook on the end of the divider. The beds are attached to the divider with butt hinges and are light enough for one boy to lift himself. Since the divider is simply nailed and screwed to the ceiling, the whole unit can be removed if the space reverts to a one-boy bedroom.

Buying information, page 126

OUTFOXING HIGH FOOD PRICES

HOW THREE FAMILIES DO IT

By Nancy Byal

Everybody talks about escalating food prices, but nobody thinks it's easy to *do* anything about them. We're about to change all that by helping you launch a budget plan you can live with—enjoyably. Here we'll show you how to curb food costs without sacrificing the quality or quantity of family meals.

To gather cost-cutting strategies, we started by searching the country for families who are winning the battle of the bulging food budget. Then we persuaded three of these thrifty families to share their favorite techniques with you.

We asked these families to keep a full account of their food spending and eating activities for two weeks. Then we literally moved in with the families and spent two days learning about their life-styles, following their mealtimes (and snack times), and tagging along on shopping trips. All the while, we recorded the families' recipes and cost-cutting strategies on film and paper for you to apply to your own way of living. In addition to the investigative work, we then collected some of our own proven money-saving hints and put them on a clip-and-save page for you to use.

Now carry our budget-sharing one step further. If you have some special budget-saving techniques, write and tell us about them. They'll help guide us in planning our future cost-cutting articles.







The Scheperses: "We plan for meals very closely. We never have leftovers, only planned-overs."

By using a variety of tactics, Agnes and Bud Schepers manage to keep their food tab enviably low. The average weekly cost of feeding this family of four—Agnes, Bud, and their sons Donn, nine, and Mark, seven—comes to $50 for groceries plus $10 for foods eaten out.

The Scheperses' daily routine stacks up this way. Agnes works part time as a librarian; on workdays she may not get home till after 6 p.m. Bud, a teacher, often gets home earlier and can start dinner. But music classes for Agnes, Donn, and Mark, plus cub scouts and athletic events for both boys, result in variable schedules. When the Scheperses are pressed for time, they may buy convenience foods such as frozen waffles, pot pies, macaroni and cheese, and pizza for easy meals.

Top right: *By dividing one large round steak into three portions, Agnes produces three separate meals: a broiled family steak served with* ***Easy Eggplant Parmigiana*** (left), ***Braised Steak and Onions*** (front right), *and* ***Beef and Broccoli*** (back).

Left: *Broccoli-studded* ***Vegetarian Casserole*** (front) *and many-layered* ***Pizza Casserole*** (back left) *capitalize on thrifty ingredients—pasta and cheese. Tangy* ***Garden Vegetable Relish*** (back right) *blends cauliflower, carrots, and celery.*



Photographs: Hedrich-Blessing

Breakfasts are eaten in shifts, and lunches are either hand-carried or bought. Fruit, cookies, and toast are common after-school snacks. While all the Scheperses have dinner together, it may be served early or late, depending on Agnes' schedule.

Agnes makes up weekly meal plans, after checking the ads to see which foods are on sale. She makes a shopping list by food categories but leaves herself flexibility. "I may plan to buy one food, but opt for another when I see it's cheaper." Agnes has one favorite supermarket where she shops for the week. One other ministop takes care of the weekly food needs.

Although freezer space is limited to two top-of-the-refrigerator units, Agnes always considers planned-over meals when she shops. "I'll buy a three-breasted chicken and cook the legs, thighs, wings, and one breast for dinner," she explains. "I'll freeze the other two breasts for a stir-fry dinner later, and the remaining parts for chicken broth."

Agnes is always on the lookout for more and better ways to economize. "Our family doesn't have all the answers to the cost crunch," says Agnes, "but we're learning fast."

Recipes begin on page 90.

AGNES' FAVORITE COST-CONTROLLERS

- *"When it comes to comparing grocery stores, I ask myself, 'Which store offers the best value?' not 'Which store has the best price?' To me, value means quality, freshness, and variety of foods plus price and convenience."*
- *"To control my food purchases, I plan a week's worth of meals, working in sale items as I plan."*
- *"I'm very careful about buying the right quantity of foods so I don't have leftovers."*
- *"While we don't have a lot of freezer space, I try to capitalize on meat sales. I'll buy one large piece of meat, then cut and freeze it for three separate meals."*
- *"Good-quality fruits and vegetables are very important to us. In the summer, we use fresh produce from our garden. I buy larger quantities of fresh vegetables when they're in season and usually lowest in price."*
- *"I'm baking more whole-grain breads and cookies from scratch. The ready-made products generally cost more than the start-from-scratch counterparts."*
- *"When I can do so without changing the flavor, I substitute nonfat dry milk powder for fluid milk in cooking."*

OUTFOXING HIGH FOOD PRICES



The Pikes: "By planning ahead and cooking in quantity, we can enjoy top-quality food and minimize the cost."

The foods that Karen and Ron Pike cook and serve are not usual budget fare. Their menus include such posh recipes as Fettuccini with Zucchini and Mushrooms and New Orleans-style Muffuletta. Yet, the Pikes hold their food budget to an average of $44 per week for at-home meals plus $6 for away-from-home lunches for their family of three.

The keys to the Pikes' successful budgeting are preplanned meals and a pantryful of staples and homemade convenience foods. After eagle-eyeing the grocery ads each Saturday morning, Karen and son Charlie make the week's basic shopping trip to several nearby supermarkets. Four or five times a week after work, Karen or Ron stops for incidentals.

The Pikes keep up a busy pace. Both Karen and Ron work full time—Karen as assistant director of education at a hospital, and Ron as a consulting engineer. Karen also attends graduate school. Charlie (aged nine) helps out at a neighborhood co-op grocery in addition to school and athletic activities.

Because the Pikes view







Photographs: Hedrich-Blessing. Source: Pat Carpenter

Top: ***New Orleans-style Muffuletta*** *sandwich features a large round of Italian bread filled with an ample stack of sliced meats and cheeses, an olive-vegetable relish, and some leaf lettuce.*

Middle: *The Pikes often serve ginger-seasoned grilled chicken and a tossed salad to accompany* ***Fettucine with Zucchini and Mushrooms*** *with olive oil, butter, cream, and Parmesan.*

Left: *Four of the Pikes marvelous hearty soups prepared in 12- to 16-quart quantities are:* ***Cabbage Soup*** (front), ***Yellow Pea Soup*** (center left), ***Minestrone*** (center right), *and* ***Lentil Soup*** (back). *Each is frozen in family-size portions for reheating.*

budgeting as challenging—and fun—they budget more closely than is absolutely necessary. "We believe in providing the best foods possible," Ron says. "Cost is a consideration but not if it means sacrificing quality."

The Pikes can afford to prepare elegant foods on the weekends because they keep a tight rein on costs during the week. Breakfast generally consists of eggs, a bread, juice, and milk or coffee. Since Ron works at home, he prepares his own lunches, while Karen usually takes a sack lunch to work and Charlie eats in the school cafeteria. "For Sunday through Thursday dinners, we serve our frozen homemade entrées," Karen says. "On the weekend, anything goes as long as it's creative!"

THE PIKES' MONEY-SAVING METHODS

- *"Last year, we harvested over 300 pounds of vegetables from our garden. What we don't use in season, we freeze. And Saturday mornings we shop the local farmers market for produce we don't grow."*
- *"We buy staple foods such as canned tomato products, canned mushrooms, olives, legumes, vinegar, margarine, and cooking oil by the case when they are on sale."*
- *"I clip coupons for foods I buy regularly. Then I put the coupons in a bill-fold organizer that I keep in my purse, so they're easy to get to."*
- *"We keep week-night meals simple and save special, more expensive recipes for the weekend."*
- *"We don't serve all-meat main dishes—like roasts, steaks, chops—very often. Instead, we combine meat with other ingredients to stretch it."*
- *"For us, convenience foods are homemade frozen soups, stews, chili, and vegetables."*
- *"We freeze any mealtime surplus in single-serving portions for lunches."*

The Pikes keep their pantry filled with staples and their freezers filled with food. (They also lease a meat locker for $30 per year.) "We buy pork in quantity and also buy poultry and other meats when they're on sale," Karen says. "In the summer we stock the freezers with vegetables from our garden. And Ron spends at least two Saturdays each month making main dishes in 12- to 16-quart quantities to freeze."

Ron and Karen concede that their budgeting techniques may not be for everyone. "Bulk cooking does take time, but we feel it's worth the effort," says Karen. "By buying and cooking ahead, we can use the best ingredients and still stay within our food budget."

Recipes begin on page 93.

OUTFOXING HIGH FOOD PRICES



The Mahrs: "We try to grocery shop as infrequently as possible, preferably only once every three or four weeks."

The best way to save money on food is to stay out of the grocery store as much as possible," says Eve Mahr. To achieve that basic goal, the Mahrs have worked out a budget-saving game plan, and it obviously works. The Mahr diary showed food expenses averaging $46 per week at home and $25 away from home (not including Steve's expense account) for their family of four.

In addition to Eve's responsibilities as homemaker and mother of Derek, seven, and Sarah, four, she helps maintain some family rental properties and is active in her church and sorority. Steve is a consultant for veterans' education, a job that takes him out of town two days each week. For Derek, there's school and tumbling lessons; and for Sarah, dancing lessons.

The Mahrs' approach to meals is dictated by their busy schedules. "Breakfast and lunch are 'formula' meals since we seldom eat at the table as a family," Eve explains. "The two nights a week that Steve travels, I plan lighter meals. Weekend meals are either quick or co-op-produced." When the Mahrs entertain (about once a week), the menu is essentially an extended family meal with the emphasis on cook-it-together foods.





Photographs: Hedrich-Blessing

Top: *To satisfy snack-hungry kids, Eve makes and stores homemade drink mixes such as* ***Zippy Eggnog*** (front left), ***Sunshine Orange Drink*** (front right), *and* ***Milkmaid's Magic*** (back).

Middle: *At least one meal every month is planned and produced by son Derek, with close scrutiny by his sister Sarah. In this case, Derek's menu is* ***Taco Burgers*** *and* ***Applesauce-Orange Salad.***

Left: *These meat-stretching main dishes are frequent Mahr menu-makers:* ***Calico Bean Bake*** (front left), ***Upside-down Polenta Casserole*** (front right), *and* ***Anything-goes Quiche*** (back).

Although Eve likes to cook, she prefers to spend as little time as possible in preparation. When necessary, she buys convenience foods in spite of the cost. And within a three-week period, there's usually one fast-food night out for Eve and the kids, and one for the whole family.

As for shopping, Eve says she finds every trip to the grocery store a traumatic experience. "The problem is that everything that tempts me costs too much. To avoid frequent trips to the store, I plan very carefully and buy three to four weeks' worth of groceries at one time. When my system is working well, I'll only need to stop at the store for a few additional grocery items once a week."

Eve generally shops at two supermarkets, one for its variety of house brand items, and the other for its good specials. A third store is included if the advertised specials merit the trip. Every two to three months she buys breads at a discount bakery store and freezes them in a full-sized freezer. The Mahrs have a small garden, so preserving is minimal.

"What we enjoy most about meals," says Eve, "is being together as a family. As for preparing the food, my approach is 'Let's get on with it.' Then we'll have more time to enjoy each other."

Recipes begin on page 99.

EVE'S THREE BEST SHOPPING TRICKS

- *"I spend up to three hours of planning for one shopping trip. I work at a convenient desk in the kitchen that houses my records and cook books. Armed with the grocery ads, a calendar of events, and notations of 'out-of' items, I review food supplies. Then I plan 21 or more evening meals and make a shopping list organized by food categories, noting at which store I'll buy certain items. I also review what wasn't cooked last planning period, what frozen foods should be used, and what canned goods we have. I also try to include one new recipe, an 'ourselves for company' menu, and a 'Derek-cooks' menu."*
- *"I try to eliminate impulse buying by minimizing shopping trips. I buy breads at a discount bakery store once every two or three months and keep them on hand in the freezer. I also have our milk delivered. The extra delivery charge for milk is offset by savings on gas, plus the extras I'd have bought at the store."*
- *"When we're in a time bind, I'll buy frozen convenience dinners. It's cheaper than eating out."*

OUTFOXING HIGH FOOD PRICES

CLIP-AND-SAVE
BUDGET IDEAS

Even with today's inflated prices, you can streamline your food budget and still satisfy your family's nutritional needs—the three families you've just met prove the point. Here are some additional suggestions to help you cut your food costs:

WHERE TO SHOP

- Shop at a grocery store close to home or on a regularly traveled route to economize on gas.
- Compare the prices of staple items in several markets.
- Consider shopping at no-frills establishments (where you bag and carry your own groceries), such as food warehouses, co-ops, and food thrift stores.

HOW TO BUY

- You've heard it before but . . . don't shop on an empty stomach. You're apt to buy more than you'll need.
- Avoid grocery shopping with small children who are easily enticed by impulse food items.
- Ask for a raincheck if a store runs out of a special.
- Look around before you buy. The best candidates for impulse buying, and usually the most expensive, are often placed at eye level, which is the first place you look.
- Check the ingredient listings among different brands. Quality is not always consistent with price.
- Watch the register as your groceries are being rung up; cashiers can make mistakes.

WHAT TO BUY

- Compare different brands and grades of foods. Consider using house brands, generic foods, or lower grades of meat, eggs, and canned goods where shape, uniformity of size, and color aren't crucial.
- When considering a convenience food, weigh the amount of time saved and the cost of ingredients you'll have to add against the price of the homemade counterpart. Some proven time- and money-saving convenience foods include: salad dressing mixes, pancake and hot chocolate mixes made with water, quick-cooking oatmeal, bottled lemon and lime juices, pizza mixes, orange juice concentrate, macaroni and cheese dinner mixes, packaged gelatin and pudding mixes, frozen french fries, instant potato products, canned pie fillings, canned soups, and biscuit and cake mixes.

Meat, Fish, and Poultry

- Purchase meat on the basis of cost per serving, not cost per pound: boneless meats yield four to five servings per pound; cuts with little bone, three to four servings per pound; cuts with a medium amount of bone, two to three servings; cuts with a lot of bone, one to two servings.
- Cut up your own chicken, stew meat, and luncheon meats.
- Compare ground meat prices: ground beef, chuck, round, and sirloin to ground pork, turkey, sausage, veal, and lamb.
- Remember to include nutritious low-cost variety meats in your menu: liver, heart, kidney, and tongue.
- Consider all-meat or turkey franks; they contain as much protein as the costlier pork and all-beef wieners.
- Choose block-frozen fish, and fish sticks and portions, over more expensive fish fillets and steaks.

Dairy Products

- Rely on domestic cheeses—they cost less than imports.
- Note the economy of cheese blocks or wedges over pre-sliced, prepackaged cheeses.
- Call on cottage cheese, a lower cost alternative to ricotta, and plain yogurt as an economical substitute for sour cream.
- Choose the larger size of eggs over the next smaller, if the price difference is less than 7 cents.
- Turn on to ice milk, a cheaper dessert than ice cream.

Vegetables and Fruits

- Check the want ads for pick-your-own farms or find a roadside stand that offers reasonably priced fresh produce.
- Remember frozen fruits and vegetables are priced about the same as their fresh counterparts in season, but with fresh there's more waste per pound.
- Choose frozen sliced or cut vegetables instead of whole.
- Compare the cost of frozen loose-pack fruits and vegetables with that of frozen blocks; loose packs often cost less.
- Consider canned fruits and vegetables when practical since they're usually cheaper than both fresh and frozen.

Cereals, Pastas, and Breads

- For home use, buy bigger boxes of cereal; reserve those individual serving packages for trips.
- Evaluate the price difference between regular rice and the costlier quick-cooking or seasoned varieties.
- Choose plain pasta products over the fancy kinds, unless you're after special effects.
- Find a bakery outlet where you can stock up on price-reduced breads.

FRANCE

s close as the Rice and Campbell's Soup on your shelf.



Pork Chops Chasseur

1 can (about 16 ounces) tomatoes
6 pork chops (about 2 pounds)
1 can Campbell's Golden Mushroom Soup
⅓ cup chopped onion
2 teaspoons prepared mustard
⅛ to ¼ teaspoon pepper
½ cup sliced dill or sweet gherkin pickles
3 cups hot cooked rice
2 tablespoons chopped parsley

Drain tomatoes, reserving ½ cup liquid. Cut up tomatoes. In skillet, brown chops (use shortening if necessary); pour off fat. Add soup, reserved tomato liquid, onion, mustard and pepper. Cover; cook over low heat 30 minutes or until done. Stir occasionally. Add tomatoes and pickles; heat. Combine rice and parsley. Serve pork chops over rice. Makes about 4 servings.

Rice Cassoulet (NOT SHOWN)

1 pound pork sausage
1 cup chopped onion
½ cup sliced celery
1 large clove garlic, minced
1 can Campbell's Bean with Bacon Soup
¾ cup water
½ cup ketchup
2 cups cooked rice

In skillet, cook sausage, onion and celery until done; stir to separate meat. Pour off fat. Add remaining ingredients. Heat; stir occasionally. Makes about 5 cups.



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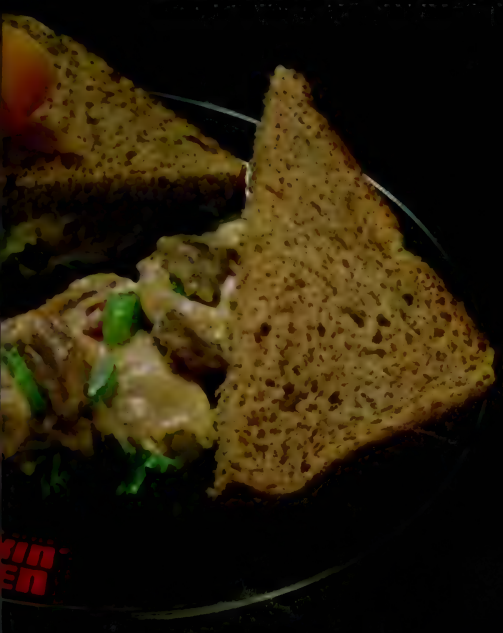
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STORE COUPON

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COUPON EXPIRES JANUARY 31, 1981.

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These 16 Campbell's soups have always been light in calories. What great-tasting ways to eat light!

Lee Meriwether



Beef Broth/30 Calories
Beef Noodle/90 Calories
Beefy Mushroom/90 Calories
Chicken & Stars/80 Calories
Chicken Broth/50 Calories
Chicken Gumbo/70 Calories
Chicken NoodleO's/90 Calories
Chicken Vegetable/90 Calories
Chicken with Rice/80 Calories
Consommé/45 Calories
Golden Vegetable NoodleO's/90 Calories
Old Fashioned Vegetable/90 Calories
Onion/80 Calories
Turkey Noodle/80 Calories
Turkey Vegetable/90 Calories
Vegetarian Vegetable/90 Calories

When you're looking for some great-tasting ways to eat light, just look for the calories listed on the labels of all Campbell's Soups. You'll find that lots of your favorites are Light Ones, with only 90 calories or less a 10-ounce serving.

The Light Ones



Egg Entrées

Summer Fruit Ideas

Do you rely on eggs for innovative main dishes? Do your favorite summer desserts call for in-season fruits? Send us your recipes—you could win next August. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Egg Entrees

Any main dish idea that features eggs as a major ingredient is eligible. Does your entrée incorporate eggs with leftover vegetables or meat? Do you use your wok to stir-fry eggs with other ingredients? Tips: **bacon 'n eggs Mornay, broccoli soufflé roll, deviled egg-fondue bake.**

Summer Fruit Ideas

You could win with a snack or dessert recipe that calls for any fresh summer fruit, such as berries, peaches, melons, cherries, or apricots. Does your repertoire include a mixed fruit compote dashed with liqueur? Hints: **raspberry-peach sorbet, sherried melon meringues, plum-grape cobbler.**

THIS MONTH'S WINNERS

(See recipes on pages 105 and 106.)

Cooks-of-the-Month

Gail Barthold, Seattle, Wash.
Mrs. L. K. Ross, Sonora, Calif.

Runners-up

Mrs. H. J. Anderson, Austin, Minn.
Lucile Anderson, Lathrop, Mo.
Mrs. Eric Erickson, Turlock, Calif.
Mrs. Judy Gomez, Corpus Christi, Tex.

Honor Roll

Mrs. Phyllis Blumenfeld, Brooklyn, N.Y.
Kathy Davis, Detroit, Mich.
Kris Davis, Montgomery, Ala.
Linda Driggers, Las Cruces, N. Mex.
Lucille Dryden, Emporia, Kans.
Veronica Gengler, Sauhville, Wis.
Mimi Kershner, McLean, Va.
Joanne Lanz, Rockville, Conn.
Mona E. Lusk, Bay Minette, Ala.
Ginger R. Ryser, Chicago, Ill.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "August Egg Entrees" or "August Summer Fruit Ideas."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8001 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

begins on page 78

Outfoxing food prices

EASY EGGPLANT PARMIGIANA

1 medium unpeeled eggplant, cut crosswise into ½-inch slices
¼ cup cooking oil
1 cup spaghetti sauce
1 teaspoon grated onion
1 clove garlic, minced
½ teaspoon salt
⅓ cup grated Parmesan cheese
4 ounces sliced mozzarella cheese, cut in thin strips

Place eggplant slices on greased broiler pan. Brush with some of the oil. Broil 4 to 5 inches from heat for 4 to 5 minutes. Turn slices; brush with remaining oil. Broil 4 minutes more. Combine spaghetti sauce, onion, garlic, and salt. Spread each slice with some spaghetti sauce; sprinkle with Parmesan cheese. Top each with 3 thin strips of mozzarella. Broil 1 to 2 minutes more or till lightly browned and cheese is melted. Makes 6 servings.

BRAISED STEAK AND ONIONS

1½ pounds beef round steak, cut ¼ inch thick
All-purpose flour
2 tablespoons cooking oil
Salt and pepper
2 small onions, thinly sliced
½ cup beef broth

Cut meat into serving-size portions. Coat with flour. In skillet brown meat in hot oil. Remove meat to shallow baking dish; season meat with a little salt and pepper. Add onions to skillet; cook slowly over medium-low heat, stirring occasionally, till onions are tender and well-browned. Place onions atop meat. Add broth to skillet, stirring to loosen crusty bits in pan. Pour over meat and onions. Cover; bake in 325° oven for 1 to 1¼ hours. Skim off excess fat, if necessary. Arrange steak pieces on platter. Garnish with orange slices, if desired; pass juices. Makes 6 servings.

BEEF AND BROCCOLI

½ pound beef round steak, cut in 1-inch cubes
1 small clove garlic, minced
2 teaspoons sugar
1 teaspoon salt
2 tablespoons cooking oil
2 to 4 tablespoons rice beer (sake), sherry, *or* gin
2 tablespoons soy sauce
1½ pounds broccoli, cut in bite-size pieces (8 cups)
¾ cup water
2 tablespoons cornstarch
½ cup cold water
Hot cooked rice

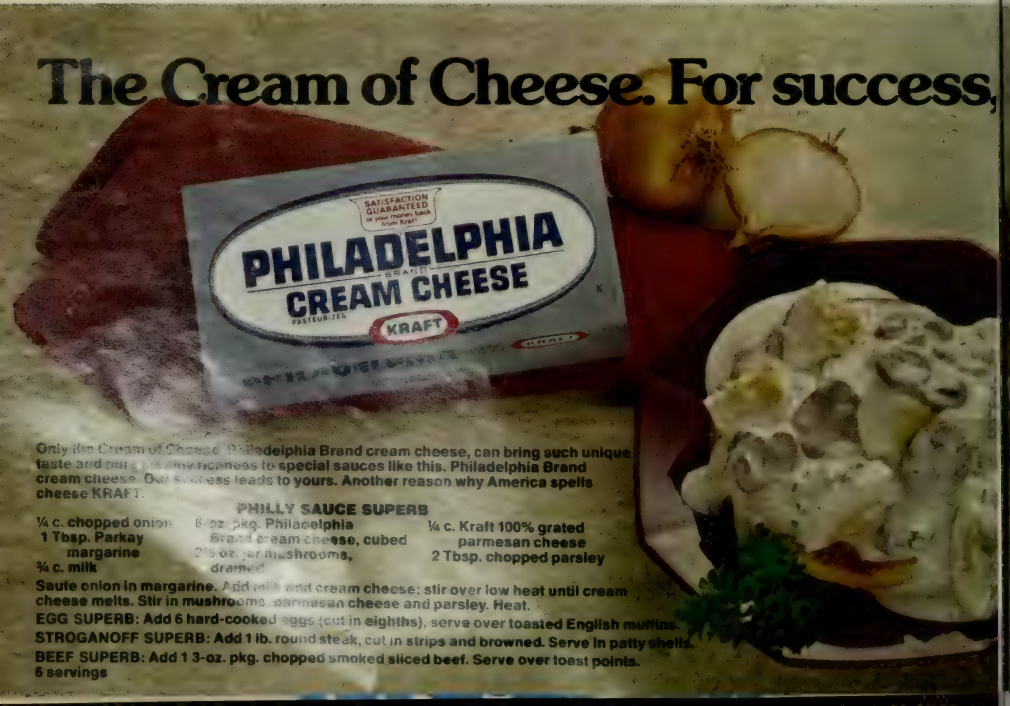
In wok or skillet stir-fry beef, garlic, sugar, and salt in hot oil. Stir in sake and soy; cook, covered, 2 or 3 minutes. Remove meat and set aside. Add broccoli and the ¾ cup water to wok. Bring to boiling. Stir, then continue cooking, covered, 2 to 5 minutes more. Add meat. Combine cornstarch and the ½ cup cold water. Pour into center of meat mixture. Cook and stir 2 to 3 minutes more or till thickened and bubbly. Serve with hot cooked rice. Makes 4 servings.

VEGETARIAN CASSEROLE

This recipe idea also lends itself well to carrots or zucchini, too—

1 stalk celery, chopped

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PHILLY SAUCE SUPERB

¼ c. chopped onion
1 Tbsp. Parkay margarine
¾ c. milk
8-oz. pkg. Philadelphia Brand cream cheese, cubed
3½ oz. jar mushrooms, drained
¼ c. Kraft 100% grated parmesan cheese
2 Tbsp. chopped parsley

Saute onion in margarine. Add milk and cream cheese; stir over low heat until cream cheese melts. Stir in mushrooms, parmesan cheese and parsley. Heat.

EGG SUPERB: Add 6 hard-cooked eggs (cut in eighths), serve over toasted English muffins.

STROGANOFF SUPERB: Add 1 lb. round steak, cut in strips and browned. Serve in patty shells.

BEEF SUPERB: Add 1 3-oz. pkg. chopped smoked sliced beef. Serve over toast points.

6 servings

- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 tablespoons cooking oil
- 2 cups noodles, cooked and drained
- 1½ cups shredded Monterey Jack cheese (6 ounces)
- 1 cup broccoli cuts, cooked and drained
- ½ cup milk
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup fine dry bread crumbs
- 2 tablespoons shredded cheddar cheese
- 1 tablespoon wheat germ
- 1 tablespoon butter *or* margarine, melted

Cook celery, onion, and green pepper in hot oil till tender but not brown; stir in noodles, Monterey Jack cheese, broccoli, milk, salt, and pepper. Turn into an ungreased 1½-quart casserole. Bake, covered, in 350° oven for 15 minutes. Combine bread crumbs, cheddar cheese, wheat germ, and butter or margarine; sprinkle around edge of casserole. Bake, uncovered, 10 minutes more. Makes 4 servings.

PIZZA CASSEROLE

If you like, you can substitute macaroni for rotini—

- 1 pound ground beef
- 2 8-ounce cans pizza sauce
- 1 4-ounce can sliced mushrooms
- 1 tablespoon dried oregano, crushed
- 1 teaspoon garlic salt
- 2 cups rotini, cooked and drained
- ⅔ cup milk
- 2 cups shredded mozzarella cheese (8 ounces)

In skillet brown ground beef; drain off excess fat. Stir in pizza sauce, *undrained* mushrooms, oregano, and garlic salt. Bring to boiling; remove from heat. Combine rotini and milk. In a 2-quart casserole layer *half each* of the meat sauce, rotini mixture, and cheese. Repeat layers. Bake, covered, in 350° oven for 25 to 30 minutes. Garnish with salami slices, cherry tomatoes, and parsley, if desired. Serves 6.

GARDEN RELISH

- ½ head cauliflower, cut in flowerets and sliced (3 cups)
- 2 carrots, cut in 1½-inch strips
- 2 stalks celery, cut in 1-inch pieces
- 1 medium green pepper, cut in 2-inch strips
- 1 4-ounce jar pimiento, drained and cut in strips
- 1 3-ounce jar pimiento-stuffed olives, drained
- ¾ cup wine vinegar
- ½ cup olive *or* salad oil
- ¼ cup water
- 2 tablespoons sugar
- 1 teaspoon salt
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon pepper

Combine all ingredients in large skillet. Bring to boiling, stirring occasionally. Reduce heat; simmer, covered, 5 minutes. Cool. Cover and refrigerate at least 24 hours, stirring occasionally. Drain before serving. Makes 5 cups.

CHICKEN COUNTRY CAPTAIN

- ¼ cup all-purpose flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 2½- to 3-pound broiler-fryer chicken, cut up

continued



Oh the lovely nutty things you can do with Diamond Walnuts.



Crunchy Diamond Walnuts, sticky syrup and a fragrant yeast dough give these old favorites a delicious new twist.

Walnut Sticky Buns

1 env. active dry yeast
2 Tbsp. warm water
¼ cup boiling hot milk
⅓ cup granulated sugar
3 Tbsp. shortening
½ tsp. salt
1 large egg
2 cups sifted all-purpose flour
1 tsp. grated lemon peel
½ tsp. ground ginger

Walnut Pan Coat
1 Tbsp. melted butter
½ cup chopped Diamond Walnuts
¼ tsp. cinnamon

Sprinkle yeast over warm water; let stand 5 min. to soften. Meanwhile, stir hot milk, ¼ cup sugar, shortening and salt together. When lukewarm add egg, 1¼ cups flour, lemon peel, ginger and yeast. Beat on mixer at medium speed 2 min. Stir in remaining ½ cup flour to make moderately soft dough. Knead a few seconds to smooth out and form ball of dough. Cover; let rise in warm place until doubled, 1 to 1½ hours. Prepare Walnut Pan Coat. When dough has risen, turn out onto floured board; roll out to an 8 x 12-in. rectangle. Spread with butter; sprinkle with ½ cup walnuts and remaining ¼ cup sugar mixed with cinnamon. Roll tightly, starting from long side of dough. Cut in 1-in. slices. Arrange cut side down in prepared pan, [illegible] rolls in center, 9 around edges. Let rise until [illegible] cup. Bake 375° F. about 25 min., until [illegible] through. Loosen edges, invert [illegible] pan rest on rolls 1 min. so syrup [illegible] warm. Makes 12 rolls.

Walnut Pan Coat: Melt ⅓ cup butter in small saucepan. Add ⅓ cup brown sugar, [illegible] Tbsp. dark corn syrup and 1 Tbsp. [illegible] mixture reaches simmering, [illegible] pan; sprinkle with ½ cup chopped walnuts.

continued

Outfoxing food prices

3 tablespoons cooking oil

• • •

1 medium onion, chopped
1 medium green pepper, chopped
1 clove garlic, crushed
1 teaspoon curry powder
1 16-ounce can tomatoes, cut up
¼ cup raisins *or* currants
Hot cooked rice



Place flour, salt, and pepper in a paper bag. Add chicken pieces to bag, a few at a time, and shake to coat with flour mixture. In skillet brown chicken in hot oil; remove and set aside. To pan add onion, green pepper, garlic, and curry; cook and stir till vegetables are tender but not brown. Stir in *undrained* tomatoes and raisins; add chicken. Cover and simmer over low heat 45 minutes or till chicken is tender. Spoon off fat from sauce. Serve over rice. Makes 4 to 6 servings.

EVERYDAY MEAT LOAF

Sage adds character to a favorite—

2 eggs
¾ cup milk
⅔ cup fine dry bread crumbs
2 tablespoons chopped onion
¾ teaspoon salt
½ teaspoon dried sage, crushed
Dash pepper
1½ pounds ground beef
¼ cup catsup
2 tablespoons brown sugar
1 teaspoon dry mustard
1 teaspoon lemon juice

In mixing bowl stir together eggs, milk, bread crumbs, onion, salt, sage,

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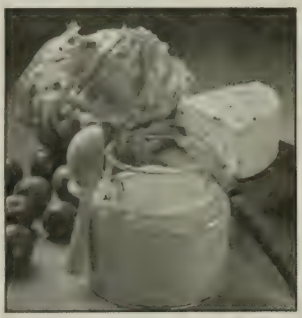


and pepper. Add ground beef and mix well. Shape into loaf in shallow baking pan. Bake in 350° oven for 1 hour. Combine catsup, brown sugar, mustard, and lemon juice; spoon over meat loaf. Bake 15 minutes more. Makes 6 servings.

ROQUEFORT CHEESE DRESSING

For a thicker dressing, use a cream-style French dressing—

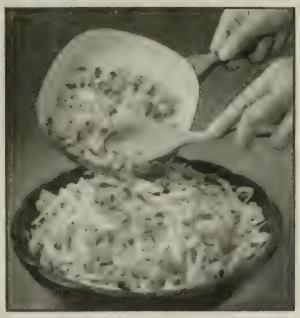
3 ounces Roquefort cheese, crumbled (¾ cup)
6 tablespoons light cream
1 cup French salad dressing
Assorted torn greens



In mixing bowl combine cheese and cream. Beat with rotary beater till fairly smooth. Add French dressing; beat again till smooth. Serve over greens. Makes about 1¾ cups dressing.

HOT BACON DRESSING

4 slices bacon, diced
2 tablespoons chopped onion
2 tablespoons vinegar
1 to 2 tablespoons sugar
3 cups coarsely shredded cabbage *or* other torn greens



In skillet cook bacon till crisp; drain off excess fat. To bacon add onion, vinegar, and sugar. Heat through. Pour over cabbage; toss and serve at once. Makes about ¼ cup dressing.

NEW ORLEANS MUFFULETTA

You'll need to order the unsliced loaf of bread from a bakery—

continued

continued

Outfoxing food prices

½ cup chopped pimiento-stuffed olives
½ cup chopped pitted ripe olives
½ cup chopped celery
½ cup chopped mixed pickled vegetables
⅓ cup olive *or* salad oil
¼ cup snipped parsley
3 tablespoons lemon juice
1 clove garlic, minced
1 teaspoon dried oregano, crushed
Several dashes freshly ground pepper
1 1½-pound loaf unsliced round Italian bread
4 ounces thinly sliced Genoa salami
4 ounces sliced provolone cheese
4 ounces sliced capacola *or* ham
Leaf lettuce (optional)

In a bowl combine olives, celery, pickled vegetables, oil, parsley, lemon juice, garlic, oregano, and pepper. Cover and refrigerate 8 hours or overnight, tossing once or twice.

To assemble sandwiches, cut bread loaf in half horizontally; cut off a ½-inch slice from cut side of one of the bread halves. (Use slice another time.) Drain pickling mixture, reserving marinade. Brush cut sides of bread with some of the marinade. Layer bottom of loaf with salami, *half* the olive mixture, the cheese, remaining olive mixture, and the capacola or ham. Top with lettuce leaves, if desired. Cover with bread top. Cut into sections to serve. Makes 6 servings.

FETTUCCINI WITH ZUCCHINI AND MUSHROOMS

Use the lower range of butter if you prefer less richness—

2 tablespoons salt
1 tablespoon olive *or* cooking oil
12 ounces fettuccini
8 ounces fresh mushrooms, sliced
¼ cup butter *or* margarine
1¼ pounds small zucchini, cut into 2½-inch strips
1 cup whipping cream
¼ to ½ cup butter *or* margarine, cut up
¾ cup grated Parmesan cheese
¼ cup snipped Italian parsley
Salt and pepper

Bring a large amount of water to boiling with the 2 tablespoons salt and the oil. Cook pasta in boiling salted water for 7 minutes; drain. Meanwhile, in a large skillet cook mushrooms in the first ¼ cup butter or margarine over medium-high heat for 2 minutes. Add zucchini, cream, and the remaining butter. Bring to boiling; simmer, covered, 3 minutes. Add pasta to mushroom mixture in skillet. Add Parmesan and parsley, tossing till all is mixed. Season to taste with salt and pepper. Serve at once. Sprinkle with additional Parmesan, if desired. Makes 10 to 12 servings.

CABBAGE SOUP

This recipe can easily be halved—

1 4-pound beef chuck pot roast
4 to 6 pounds meaty soup bones
6 quarts water
2 carrots, cut up
½ large onion, coarsely chopped
2 stalks celery, cut up
2 teaspoons dried thyme, crushed
¾ teaspoon freshly ground pepper
4 cloves garlic, minced
2 *or* 3 bay leaves
3 pounds cabbage, coarsely chopped (16 cups)
2 16-ounce cans *or* jars sauerkraut, rinsed, drained, and coarsely chopped
4 cups chopped celery
6 carrots, thinly sliced
2 large onions, coarsely chopped
3 16-ounce cans tomatoes, cut up
8 teaspoons instant beef bouillon granules
½ cup snipped parsley
⅓ cup sugar
⅓ cup lemon juice
4 teaspoons salt
1 teaspoon paprika
½ to 1 teaspoon bottled hot pepper sauce

In a 12-quart kettle or Dutch oven combine meat, soup bones, water, the cut-up carrots, the ½ onion, the cut-up celery, the thyme, pepper, garlic, and bay leaves. Bring to boiling; simmer, uncovered, 2½ hours or till meat is tender. Remove meat and bones; strain stock through cheesecloth. Skim off fat. Return stock to kettle. When meat is cool enough to handle, remove meat from bones; cut all meat into bite-sized pieces. Meanwhile, add cabbage, sauerkraut, chopped celery, the thinly sliced carrots, the remaining onion, the tomatoes, the bouillon granules, parsley, sugar, lemon juice, salt, paprika, and hot pepper sauce to kettle; simmer slowly, uncovered, about 1 to 2 hours or till cabbage and carrots are done. Return reserved meat to pot; heat through. Season to taste with additional salt. Makes 10 quarts.

YELLOW PEA SOUP

Halve this recipe if you like—

4 pounds whole dried yellow peas
8 quarts water
4 pounds fully cooked ham, cut in ½-inch cubes
1 meaty ham bone (optional)
4 cups chopped onion
4 cups chopped celery with leaves
2 cups finely chopped carrots
2 teaspoons dried oregano, crushed
1½ teaspoons freshly ground pepper

In a 12-quart kettle or Dutch oven combine peas and water; cover and let stand overnight. (Or bring mixture to boiling; simmer 2 minutes. Cover; let stand 1 hour.) Add remaining ingredients to kettle. Bring to boiling. Reduce heat and simmer, covered, 3 to 4 hours or till peas are very soft. Remove ham bone; when cool enough to handle, remove meat from bone. Discard bone. Skim off fat from soup and return meat to soup. Heat through. Season to taste with salt. Makes about 12 quarts.

MINESTRONE

If you like, use canned chicken broth in place of the Chicken Stock—

10 ounces salt pork, rind removed and cut in ¼-inch cubes
2 tablespoons tomato puree
4 cloves garlic, crushed
Several dashes freshly ground pepper
3 to 4 potatoes, peeled and chopped (3 to 4 cups)
2 leeks, chopped (2 cups)
2 large onions, chopped
2 carrots, chopped (1 cup)
½ celery root, chopped (1 cup) *or* 1 cup chopped celery
3 quarts Chicken Stock (see recipe on page 97)
1 tablespoon dried parsley flakes

continued

WOW



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ping cream and bring to boiling. Reduce heat; stir in 4 teaspoons *lemon juice*, 2 teaspoons *brandy*, ¼ teaspoon *salt*, and a dash *pepper*. Strain sauce. Return mixture to heat; stir in ½ cup *dairy sour cream*; heat through but *do not boil*. Makes 2¼ cups.

ZIPPY EGGNOG

1 3-quart package (9.6 ounces) instant nonfat dry milk powder
2 4½-ounce packages no-bake custard mix
1 6-ounce jar nondairy coffee creamer
2 teaspoons ground nutmeg

Combine all ingredients thoroughly. Store in tightly covered container. For each serving stir ½ cup eggnog mix into a coffee cup or mug of hot water.

To serve cold, in blender container place 1 cup *water* and 1 cup of the eggnog mix. Cover and blend till smooth. Add 1 cup *ice cubes*, one at a time, blending till slushy.

SUNSHINE ORANGE DRINK

⅓ cup frozen orange juice concentrate, thawed
⅓ cup instant nonfat dry milk powder
1 egg
1 to 2 teaspoons honey
1 teaspoon vanilla
Red and yellow food coloring (optional)
6 ice cubes (1½ cups)

Combine orange juice concentrate, milk powder, egg, honey, and vanilla in blender container; cover and blend till well mixed. Tint orange with food coloring, if desired. Add ice cubes, one at a time, blending thoroughly. Garnish each glass with an orange slice, if desired. Serve at once. Serves 2.

MILKMAID'S MAGIC

1 envelope (enough for 2 quarts) unsweetened soft drink mix (any flavor)
¾ cup sugar
Milk
Vanilla ice cream

Stir together drink mix and sugar; store tightly covered.

For one serving, stir 1 to 2 tablespoons of mix into 8 ounces of milk in a tall glass. Add a scoop of vanilla ice cream. To make a larger quantity, combine ⅓ to ½ cup mix with one quart milk. Pour into glasses; add scoops of ice cream. Makes 6 to 8 servings.

TACO BURGERS

Spoon taco sauce atop if you like—

1 pound ground beef
1 8-ounce can tomatoes
1 teaspoon chili powder
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
½ teaspoon sugar
¼ teaspoon garlic salt

• • •

8 hamburger buns, split
4 large lettuce leaves, shredded
1 cup shredded American *or* cheddar cheese

In skillet cook meat till brown; drain off excess fat. Add *undrained* tomatoes, chili powder, Worcestershire sauce, mustard, sugar, and garlic salt to meat. Reduce heat; simmer, uncovered, about 10 minutes, stirring occasionally. To serve, spoon meat mixture onto buns. Top with lettuce and cheese. Makes 8 sandwiches.

continued

Snackin' Cake has a recipe for banana nut bread nuts.



Betty Crocker

Snackin' Cake®
Nutty Good Banana Bread

Heat oven to 350°. Grease bottom only of loaf pan, 9x5x3 or 8½x4½x2½ inches. Prepare 1 package Betty Crocker® Snackin' Cake® banana walnut cake mix as directed except – mix in bowl. Stir in ½ cup Gold Medal® all-purpose flour and 1 egg with the water. Pour into pan. Bake until wooden pick inserted in center comes out clean, 40 to 50 minutes. Cool 10 minutes; remove from pan.

High Altitude Directions (3500 to 6500 feet): Heat oven to 375°. Increase flour to ⅔ cup and water to 1 cup plus 2 tablespoons.

Try with Betty Crocker Snackin' Cake applesauce raisin or date nut cake mix.

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This delicious Snackin' Cake recipe bakes up easy for all the banana bread nuts in your family.

You and Betty Crocker® can Bake Someone Happy.

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continued

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ORANGE APPLESAUCE SALAD

1 3-ounce package orange-flavored gelatin
1 cup boiling water
1 8-ounce can applesauce
1 apple, cored and chopped
½ cup lemon-lime carbonated beverage *or* cold water

In bowl dissolve gelatin in boiling water. Stir in applesauce, chopped apple, and lemon-lime beverage. Pour mixture into 4 small bowls. Chill till firm. Makes 4 servings.

CALICO BEAN BAKE

½ cup chopped onion
1 tablespoon butter *or* margarine
1 16-ounce can pork and beans in tomato sauce
1 16-ounce can kidney beans, drained
1 16-ounce can lima beans, drained
½ cup bottled barbecue sauce
⅛ teaspoon garlic powder
5 slices leftover fully cooked ham, ¼ inch thick

In skillet cook onion in butter or margarine till tender. Stir in beans, barbecue sauce, and garlic powder. Turn into a 1½-quart casserole. Place ham slices in beans, pressing into beans slightly. Cover and bake in 350° oven for 25 minutes. Uncover; bake 25 minutes. Makes 5 or 6 servings.

UPSIDE-DOWN POLENTA CASSEROLE

1 pound bulk pork sausage
1 cup chopped onion
1 16-ounce can tomatoes, cut up
1 8-ounce can tomato sauce
1 4-ounce can sliced mushrooms, drained
1 teaspoon salt
¼ teaspoon dried oregano, crushed
⅛ teaspoon garlic powder
Dash pepper
¾ cup all-purpose flour
¾ cup cornmeal
¾ cup grated Parmesan cheese
1 tablespoon sugar
1 tablespoon baking powder
¾ teaspoon salt
¾ cup milk
3 tablespoons cooking oil
1 well-beaten egg
1 cup shredded cheddar cheese
2 tablespoons snipped parsley

In saucepan cook sausage and onion till meat is brown and onion is tender; drain off excess fat. Stir in *undrained* tomatoes, tomato sauce, mushrooms, the 1 teaspoon salt, the oregano, garlic powder, and pepper. Bring to boiling. Simmer, covered, for 5 minutes. Meanwhile, stir together flour, cornmeal, Parmesan cheese, sugar, baking powder, and the ¾ teaspoon salt; make a well in center of dry ingredients. Add milk, cooking oil, and egg, stirring till combined. Spread batter in bottom of an ungreased 13x9x2-inch baking dish. Spoon tomato mixture on top. Bake in 400° oven for 20 minutes. Sprinkle cheddar cheese and parsley atop. Bake 5 minutes more. Makes 8 servings.

ANYTHING-GOES QUICHE

"Anything" includes ham, bacon, or shrimp, and your choice of cheese—

1 9-inch unbaked Egg Pastry Shell (see recipe right)
8 slices bacon, diced *or* ½ cup diced fully cooked ham *or* cooked shrimp
3 beaten eggs
1½ cups milk
1 tablespoon all-purpose flour
¼ teaspoon salt
Dash ground nutmeg
1½ cups shredded Swiss cheese
½ cup shredded Monterey Jack, mozzarella, cheddar, *or* brick cheese (2 ounces)

Bake unpricked Egg Pastry Shell in 450° oven 10 to 12 minutes or till pastry is nearly done. Remove from oven; reduce oven temperature to 325°. (Pastry shell should still be hot when filling is added; do not partially bake pastry shell ahead of time.)

Meanwhile, in skillet cook the bacon till crisp; drain. In bowl thoroughly stir together the eggs, milk, flour, salt, and nutmeg. Stir in the bacon and cheeses; mix well. Pour into *warm* pastry shell. Cover edge of crust with foil to prevent overbrowning. Bake in 325° oven for 35 to 40 minutes. Remove foil; bake 10 to 15 minutes more or till knife inserted just off-center comes out clean. Let stand 5 to 10 minutes before serving. Garnish with parsley and cherry tomatoes, if desired. Makes 6 to 8 servings.

EGG PASTRY SHELLS

You can make the dough ahead and keep it on hand in the refrigerator—

3 cups all-purpose flour
½ teaspoon salt
1 cup lard *or* shortening
6 tablespoons water
1 beaten egg
1 teaspoon vinegar

Stir together flour and salt; cut in lard till mixture resembles the size of small peas. Combine water, egg, and vinegar. Add to flour mixture, a tablespoon at a time, tossing with fork till mixture forms a ball. Divide dough in thirds. Roll out one portion of dough on floured surface to fit 9-inch pie plate. Transfer to pie plate. Trim and flute edges. Prick bottom and sides well. Bake in 450° oven about 12 minutes. Cool. Repeat with remaining dough. Makes three 9-inch pie shells.

STEVE'S CHEESE CHOWDER

½ cup coarsely shredded carrots
½ cup chopped celery
¼ cup chopped onion
3 tablespoons butter *or* margarine



¼ cup all-purpose flour
2 cups milk
1 10¾-ounce can condensed chicken broth
1½ cups shredded process cheese spread (6 ounces)
Cheddar, Swiss *or* Monterey Jack cheese, cut in ¼-inch cubes (optional)

Cook carrots and celery, covered, in ¾ cup *boiling water* about 10 to 15 minutes or till very tender; do not drain. Using a large saucepan cook onion in butter or margarine till tender

continued

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Cheery Cherry Cheese Pie (McRae's pie)

1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
1/3 cup ReaLemon® Reconstituted Lemon Juice
1 teaspoon vanilla extract
1 Johnston's® graham cracker Ready-Crust® pie crust
Canned cherry pie filling, chilled

In medium bowl, beat cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in ReaLemon and vanilla. Pour into crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.









continued

Outfoxing food prices

but not brown; stir in flour. Add milk all at once; cook and stir till thickened and bubbly. Add broth, cheese spread, and *undrained* vegetables. Stir over low heat till cheese melts. To serve, divide cheese cubes among four to six serving bowls, if desired; pour soup over. Makes 4 to 6 servings.



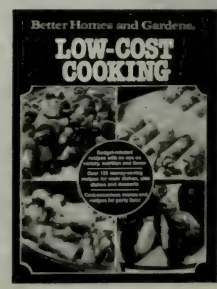
EASY-AS-A-MIX PIZZA

1 package active dry yeast
1 cup warm water (110°)
2½ cups all-purpose flour
2 tablespoons cooking oil
1 teaspoon sugar
1 teaspoon salt
1 8-ounce can tomato sauce
1 6-ounce can tomato paste
1 teaspoon Italian seasoning
1 teaspoon onion powder
½ teaspoon garlic powder
Cooked ground beef, bulk pork sausage, sliced salami, *or* sliced pepperoni
Shredded mozzarella cheese *or* grated Parmesan cheese
1 medium green pepper, cut in strips

Dissolve yeast in warm water. Stir in flour, oil, sugar, and salt; beat about 25 strokes. Cover and let rest about 5 minutes while preparing sauce.

Stir together tomato sauce, tomato paste, and seasonings. Divide dough in half; with greased fingers, spread each half very thinly on a greased 15x10x1-inch jelly roll pan.* Cover with sauce. Add desired meat and cheese. Top with green pepper. Bake in 425° oven for 15 to 20 minutes. Makes 2.

* *Note:* If a crisper crust is desired, crust may be prebaked for 8 to 10 minutes; add sauce and toppers and bake 10 minutes more.



Looking for new and better ways to prepare tasty, economical meals for your family? Now there's a new budget cook book to help you—"*Better Homes and Gardens Low-Cost Cooking.*" This 96-page book has over 200 mouth-watering recipes and is packed with tips for stretching your food dollar. It's available February 15 for $3.95 wherever books are sold.

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YANKEE BEEF AND VEGETABLES In skillet, brown ¾ lb. ground beef in chunks. Add 10-oz. pkg. **Birds Eye® Americana Recipe® Vegetables, New England Style** to skillet. Set aside topping packet. Combine ¼ cup water, 1 bouillon cube, 1 tsp. Worcestershire sauce and ½ tsp. cornstarch; add to skillet. Bring to *full* boil over med. heat, separating vegetables; stir occasionally. Reduce heat; cover and simmer 5 min. Sprinkle on topping. Makes about 3 main-dish servings.



CHOP SUEY BEEF
Combine 2 tbs. water, 1 tsp. soy sauce and ½ tsp. cornstarch. Brown ¾ lb. ground beef in skillet, in large chunks. Add 10-oz. pkg. **Birds Eye® Chinese Style Vegetables** and the cornstarch mixture. Bring to a *full* boil over med. heat, separating vegetables; stir frequently. Reduce heat; cover and simmer 5 to 7 min. Sprinkle with 1 tbs. toasted almonds. Makes about 3 main-dish servings.



GROUND BEEF STROGANOFF
Lightly brown 8-oz. can small whole potatoes, drained, in 1 tbs. oil in skillet till golden brown. Add ¾ lb. ground beef in chunks and brown well. Add 1 diced tomato and 10-oz. pkg. **Birds Eye® Americana Recipe® Vegetables, Wisconsin Style.** Set aside topping packet. Bring to *full* boil over med. heat, separating vegetables; stir occasionally. Reduce heat; cover and simmer 4 min. Pour into serving dish; top with ½ cup sour cream. Sprinkle on topping. To serve, lightly stir in sour cream. Makes about 3 main-dish servings.

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S.A.V.E. wants you to fill out the Quiz below. This Quiz helps S.A.V.E. send the right products to S.A.V.E. members—products they need, want, and can use.

1. What is your age group?
☐ 18-24 ☐ 35-49
☐ 25-34 ☐ 50-64
☐ 65 +

2. Are you married?
☐ Yes ☐ No

3. How many children do you have?
☐ None ☐ 2
☐ 1 ☐ 3 or more

4. What are the ages of your children?
☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

5. Do you have a dishwasher?
☐ Yes ☐ No

6. Do you have a clothes dryer?
☐ Yes ☐ No

7. What color is your hair?
☐ Blonde ☐ Silver
☐ Brunette ☐ Black
☐ Redhead

8. What is your skin type?
☐ Dry ☐ Oily
☐ Normal

9. What is your hair type?
☐ Dry ☐ Oily
☐ Normal

10. Do you own a pet?
☐ Dog ☐ Other _____
☐ Cat ☐ None
☐ Dog & Cat

11. To help us plan future S.A.V.E. kits please check those products you use more than once a month.

	Brand used most often (please print)
Liquid Cleaner	☐ _____
Laundry Detergent	☐ _____
Fabric Softener	☐ _____
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Dishwashing Liquid	☐ _____
Bar Soap	☐ _____
Deodorant	☐ _____
Shampoo	☐ _____
Dandruff Shampoo	☐ _____
Toothpaste	☐ _____
Mouthwash	☐ _____
Hair Conditioner	☐ _____
Hand Lotion or Cream	☐ _____
Razor	☐ _____
Bath Additive	☐ _____
Pain Reliever	☐ _____
Cold Remedy	☐ _____
Breakfast Cereal (Cold)	☐ _____
Salad Dressing	☐ _____
Plastic Sandwich/Food Bags	☐ _____
Dry Soup Mix	☐ _____

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Gardener's log

"Who loves a garden still his Eden keeps, Perennial pleasures plants, and wholesome harvests reaps." from *Tablets* (1868), by Amos Bronson Alcott

Editor's note: Clip this page of timely tips and reminders for future reference. Use the blank spaces to note the dates you sowed seeds and fed plants; harvest times and yields; the dates flowers bloomed; and other gardening records you want to keep track of.



- Water poinsettias and other holiday flowering plants daily to prolong their blooming periods. Keeping them out of direct sunlight also helps. If pots are foil-wrapped, punch holes in the bottom of the foil so excess water drains.

- Place your discarded Christmas tree outdoors and tie suet, bread crusts, and other bird attractions on the branches. When the needles fall, save them to mulch rhododendrons, azaleas, and other acid-loving shrubs.

- Mist houseplants every sunny morning if your air is dry and warm. Don't, however, mist African violets and succulents or you may encourage mold.

- Gently sweep heavy snow from foundation evergreens before the weight of the snow causes limbs to break.

- You can garden magnificently in the middle of winter . . . on paper. Send for seed and plant catalogs and start choosing the varieties you would like to add to your borders and beds. Early ordering assures you a wide selection and avoids possible disappointment. Plan and plot every change you want to make as soon as Old Man Winter loosens his grip on the good earth.

Christmas roses

If you're lucky enough to have Christmas roses in a sheltered spot near your house, protect their delicate white petals from being splashed by soil during inclement weather. You can do the job handily by applying a mulch atop the soil around the plant. (If you haven't any Christmas roses, make a note to plant some next spring or fall in rich, moist, well-drained soil in a partly shady location.)

Not really a rose, Helleborus niger *actually belongs to the buttercup family. In mild climates, the leathery, palmate leaves remain evergreen all year. Christmas roses make good cut flowers, but sear the cut ends with a match or candle flame before placing them in water. The Lenten rose* (Helleborus orientalis), *a close relative, blooms in spring with flowers that vary from white to greenish purple.*

Check hibernating bulbs to be sure they are in good condition. If your stored dahlias, gladiolus, caladiums, calla lilies, canna lilies, and other tender bulbs look shriveled or dry, add sufficient moisture to the storage medium. But if the bulbs look as if they are starting to decay, they may be too wet and should be removed and stored under drier conditions. Discard rotting bulbs.

Also check your stored food crops, such as potatoes, onions, pumpkins, and winter squashes. Throw away any that are not keeping well.

Windowsill plant maneuvers

Save space by using a windowsill for a lineup of small potted plants. The plants will appreciate the natural light; and you'll avoid using valuable floor space. Plants that don't quickly outgrow tight quarters include dwarf palm, waffle plant, cactus, jade plant, and other succulents.

If your windowsill is too narrow to accommodate even three-inch pots, widen it by adding a simple shelf. Cut a piece of quarter-inch plywood five inches wide and as long as your sill. Face the plywood edges with ¾x1-inch wood strips. Use wood screws to fasten the plywood shelf to the sill. A pair of triangular wood braces can provide extra support.

Avoid moisture damage

Waterproof saucers or narrow trays may be used to hold the pots and catch moisture from watering runoff or misting. Or, you can waterproof the shelf with fiber glass resin to extend the life of the wood.

For a bigger show of plants, install glass shelves in front of the window. Screw wall-mounting standards to the sides of the window casing, and insert brackets into slots at desired heights to hold the glass shelves.

How much light?

South and west windows not shaded by trees or buildings are best for plants that like strong light, such as cactus, succulents, and geraniums. North and

continued

Illustration: Steven Shindler

continued

Gardener's log



east windows provide good light for African violets, ivies, and ferns. Use a thin curtain, window shade, or venetian blind to regulate light intensity, which varies from day to day and at different times of the year.

Underwater gardening

Try gardening underwater for a change of pace. You'll need a tank (a ten- or 20-gallon low tank is ideal), a hood and light, ten to 20 pounds of aquarium gravel, and as many rocks, pieces of driftwood, and other accents as you want. Purchase six to ten plants for a ten-gallon tank, 12 to 15 for a 20-gallon tank. If you plan to add fish, a pump and filter will also be necessary.

How to plant

To plant, make a depression in the gravel with your finger, and insert the plant's roots in the hole. Do not bend or twist the roots around; if they're too long, simply snip them shorter. Mound the gravel around the roots.

Continue this procedure until all your plants are in place. Make sure none of the plants are tightly bunched or are overshadowed by larger plants.

How to maintain

You don't have to turn the lights on during the day if your underwater garden receives plenty of natural daylight; but if the garden is in a dark corner, leave the lights on. In any case, you should always run the lights about six hours in the evening. Purchase an automatic timer for the lights if you are forgetful about turning them on and off. Don't, however, leave them on all the time, 24 hours a day.

If you can't keep the water temperature around 72 degrees Fahrenheit, you may need to purchase a heater to keep the water temperature stable. A thermometer may be needed.

IN THE SOUTH

Get both deciduous and evergreen varieties of azaleas into the ground now. To plant, dig a hole slightly larger than the root ball of the bush. Place the azalea in the hole so it sits an inch or so higher than it had been growing previously. This will help ensure good drainage. Fill the hole with improved soil and a mixture of peat moss and leaf mold. Water the azalea thoroughly and mulch with several inches of pine needles or oak leaves. Keep your soil slightly acidic, since an alkaline soil is fatal to azaleas.

January is the perfect time to start vegetable transplants indoors throughout most of the South. Sow seeds of eggplants, tomatoes, peppers, cabbages, cauliflower, and broccoli in peat pellets or in low flats. Keep the seedlings well watered and be sure they get eight to ten hours of light a day.

IN THE WEST

If you've been wanting to transplant a tree or shrub, now's the time. Remove the plant with as large a soil ball as you can handle and have the new planting hole dug and ready before you transplant. Water the plant well when you finish, and keep it supplied with moisture the first year or two.

Many flower seeds can be sown directly in the garden now. Sweet peas, ranunculus, annual poppies, California poppies, sweet alyssum, snapdragons, scabiosa, larkspur, calendula, mignonette, annual chrysanthemums, nigella, calliopsis, candytuft, centaureas, and cinerarias are all good candidates.

Notes On My Garden

First Week, January 1-5

Second Week, January 6-12

Third Week, January 13-19

Fourth Week, January 20-26

Fifth Week, January 27-31

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W. Hughes
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"My skin is very young looking. People think I'm in my early 30's; actually, I'm hitting the big '40.' I've tried other cosmetics and immediately my skin gets dry."
Ruth Reed
Humble, Texas

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Bo Hatting
Jacksonville, Oregon

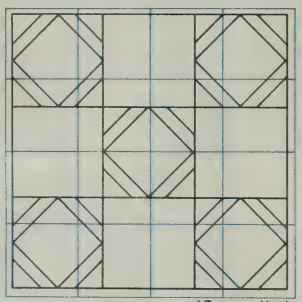
begins on page 29

Crafts for the '80s

Marquetry with paper, page 29

Note: The simulated wood grain papers (*see Buying Guide, page 126*) used for this project are applied to wood surfaces with acrylic medium. Follow the manufacturer's directions.

Sand a piece of unfinished furniture smooth; stain with a base coat. Enlarge the marquetry pattern, *below*, or adapt another pattern to fit the furniture pieces you have. Cut these pieces from shirt-weight cardboard to use as master patterns. Trace the pattern onto sheets of marquetry paper, keeping "grain" direction consistent in each piece. Cut a sufficient supply to cover the piece of furniture; apply the design according to the directions. Allow to dry; cover with protective finish.



1 Square = 1 Inch

Tole-look stenciling, page 30

The tray shown is available in kit form (*see Buying Guide, page 126*). To make your own design, consult a good reference book on tole painting. Using the patterns or photographs as a guide, cut a series of stencils from stencil paper (available at art supply stores).

Cover the tray with a base coat of acrylic paint. Let it dry. Position the stencil motifs around the tray and lightly pencil outlines. To stencil, use a stencil brush (also available at art supply stores) and diluted acrylic paint, making sure that the "bottom" part of overlapping motifs are worked first. Hold the brush upright and dab the paint on in an up-and-down motion.

For shading to duplicate tole painting, reposition stencil over a motif after it has dried. Rework shape *very lightly* with stencil brush using a slightly darker or lighter paint so that original stencil shows through.

When stenciling is complete, apply protective finish. For an "antique" look, apply a glaze of brown paint over the surface, then wipe away paint until desired effect is achieved. Apply a coat of protective finish.

Electric wood carving, page 30

To order a full-size pattern of this design, see page 140.

Enlarge carving pattern, *below*. Cut a piece of 2-inch-thick lumber to match the outline shape. (Use a soft wood such as pine or poplar that is free of knots and blemishes.) Sand all the edges and surfaces. Transfer the pattern to wood with carbon paper. (The carbon paper lines are carved away later.)

Practice working with the electric carving tools (*see Buying Guide, page 126*) on a scrap of wood until you can create a variety of effects. Change the cutting blades to vary the shape of the cuts. Rout away all wood around the letters to an even depth. For the stylized wheat shock, cut into the wood to form the stems and grain heads. The rope-like circle is created by routing out simple scroll shapes and sculpting the edges until they are smoothly rounded.

To finish, apply a fruitwood stain to all but the top surface of the letters. Coat with a protective finish.



1 Square = 2 Inches

Punch tool embroidery, page 31

To order a punch embroidery tool set, see page 140.

The finished size is 8½x9½ inches, excluding the corded edging.

Enlarge the mirror frame pattern, *below*, and transfer it to a 12x13-inch piece of good-quality linen, oxford cloth, or any medium-weight cotton. With 3 strands of light green floss, embroider the vine with outline stitch.



1 Square = 1 Inch

Following the manufacturer's directions, thread the punch embroidery tool. Punch embroider flower petals and leaves. To create special effects, vary the loop height and/or clip the loops for a velvety surface. Mirror frame features high, clipped loops on the larger pink flowers at lower center, and clipped dark yellow flower centers.

To assemble, center and mark a 3⅞x4⅞-inch rectangle on the *back* of the punched fabric for the mirror opening. Cut 2 pieces of art foam board (available at art supply stores) to the finished size. To create the frame, mark and cut an opening in one board to match the fabric markings. Mount a mirror on the other board. Cut the opening in the punched fabric, allow-

continued

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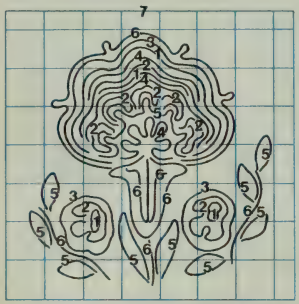
Crafts for the '80s

ing an inch to fold around the opening in the board, and mitering the corner cuts. Secure the fabric to the frame with masking tape; glue layers of foam board together. Apply a decorative corded edging, if desired.

Braided stitcheries, page 31

To order full-size iron-on transfer patterns and instructions for this project, see page 140.

Use rug yarn or another heavy yarn for these projects; cut it to 28-inch working lengths. Refer to the pattern, *below,* for colors and yarn amounts.



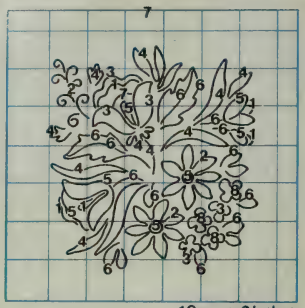
1 Square = 2 Inches

	Yarn-no. of strands (28" Long)
1-Light Yellow	
2-Yellow	Lt.Yellow-9
3-Rust	Yellow -15
4-Brick Red	Rust -9
5-Dark Blue	Brick -6
6-Black	Blue -12
7-Lt.Yellow/Yellow/Rust-Braided Border	Black -12

To braid, sew ends of 3 strands of yarn together with matching sewing thread. Braid the yarn tightly as you would hair.

When all yarn is braided, enlarge pillow or seat cushion patterns and transfer to squares of natural-colored fabric. Referring to diagram, tack braids down to fabric. When you near the end of a braid, need to change colors, or have to make a sharp turn, trim the ends of the braid and tack down securely.

To assemble, cut a piece of backing



1 Square = 2 Inches

	Yarn-no. of strands (28" Long)
1-Yellow	
2-Gold	Yellow-7
3-Rust	Gold -12
4-Green	Rust -9
5-Brick Red	Green-12
6-Navy	Brick -12
7-Yellow/Rust/Brick	Navy -9
8-1 Yellow/2 Rust	

fabric. Place right sides together and stitch around 3 sides. Turn, press, and insert pillow form. Slip-stitch the fourth side closed. Add braided borders and ties to seat cushion.

No-fire sculpture compound, page 32

You may order all materials, excluding frame, for this picture-frame project (*see Buying Guide, page 126*). If you are using your own equipment, begin by practicing with a pastry bag. Select the tip you'd like for the decorative scrolls (we used 2 sizes of shell tips), and secure it to pastry bag.

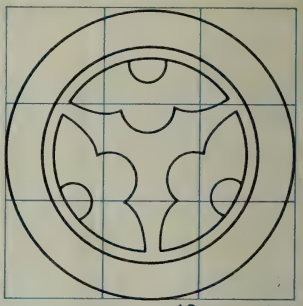
Fill the bag about half full with premixed compound and squeeze it onto waxed paper. Apply slight pressure and move the tip along the waxed paper as you squeeze. Lift and release pressure on the bag as you complete the shape. Repeat the process until you can form even, uniform decorations.

Place a picture frame on waxed paper. Apply compound around the inside and outside edges of the frame as desired. Allow the compound to harden. To finish, cover the entire frame with a base coat of white acrylic paint; let dry. Apply gold decorative paste or other finish desired.

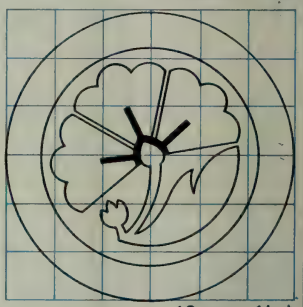
Imitation suede, page 32

Place the book cover on the wrong side of imitation suede fabric (*see Buying Guide, page 126*) and trace around the outside edge with a pencil. Cut, leaving a 1-inch fold-over allowance. Enlarge the floral motifs, *below;* cut from contrasting fabric *without* adding seam allowances.

Pin a motif to the front cover, and zigzag-stitch the edges to cover fabric. Steam lightly on the *back* of the fabric only. To apply it to the book, coat the book cover and the wrong side of the fabric with spray adhesive. Carefully align the front of the book with the



1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch

continued on page 121

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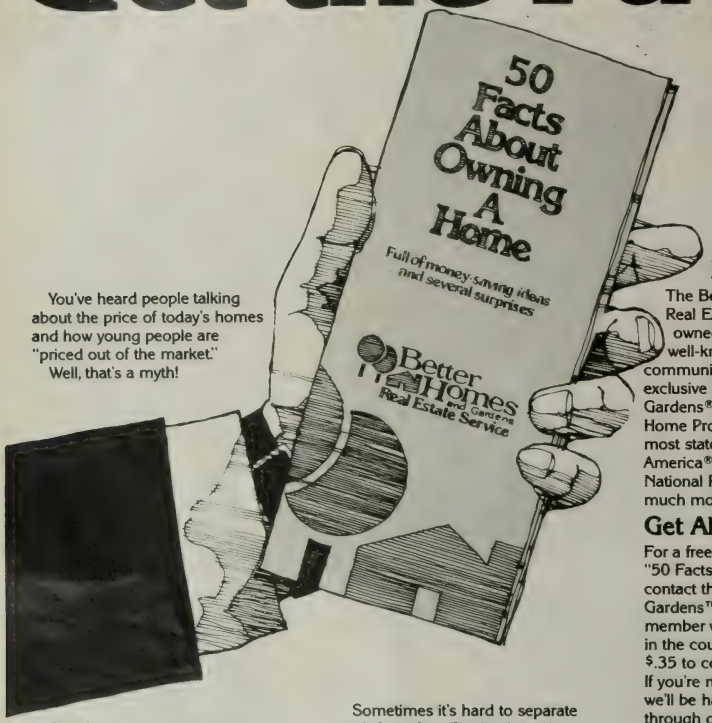


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Sculpt hands and feet similarly, sizing them proportionately to head. Drill the ends for later assembly.

Following the manufacturer's directions, harden the clay in kitchen oven. When the clay is cool, apply acrylic paints. (Paint tiny "stitches" on the small doll to simulate seams.)

For the body, stitch simple fabric tubes together to form the trunk, arms, and legs. Stuff plumply with fiberfill. To give the dolls shape, create "hinges" by stitching along the body joints. Sew doll clothes and other accessories. For hair, cut yarn to the length desired and thread it through the hole on the head. Glue the bottom layer of hair to the head, trim the ends, and style the hair into pigtails or braids.

Enameling powders, page 33

Practice working with enamel powders (*see Buying Guide, page 126*) before beginning the tile project. Use an oven, toaster oven, or electric frypan for a heat source; follow the manufacturer's directions.

For house number tiles, cut typing paper pieces to the exact size of the tile surface for pattern masks. Cut each mask in half lengthwise and set half of the masks aside. With a plant mister, dampen one side of the mask and place it on the tile to mask out half of the surface. Sift a 1/32-inch-thick coating of powder evenly over the exposed half of tile and lift the mask away. Repeat for the remaining tiles. Move the tiles to the heat source and heat them at 300° for about a minute to "fire." Turn off the heat source and allow the tile to cool. Repeat the process for the second half of the

continued on page 130

continued from page 118

Crafts for the '80s

cover, smoothing out wrinkles and pressing the fabric into any indentations in the book cover. Trim the fabric and fold the edges under, clipping corners as necessary. Cut the inside cover linings from the matching fabric and secure similarly.

Easy-to-work-with clay, page 33

The finished height of the larger doll is 10 inches; the smaller doll is 4½ inches high.

Note: The dolls shown are made much the same as old-fashioned china dolls. The heads, hands, and feet are created with clay (*see Buying Guide, page 126*), and the bodies are stitched from fabric and stuffed. Clay parts are attached to the fabric body by stitching through holes made in the ends of the clay pieces. Follow the directions below for both dolls.

Form head with a lump of clay about the size of a golf ball. Roll it between your hands until it is smoothly rounded. Attach a tiny clay ball to the front of the head for a nose and a short cylinder of clay to the bottom of head for a neck. "Drill" two ⅛-inch-diameter holes in the neck with a sharp tool so that it can be later stitched to body. Make a smaller version of neck on top of head to receive yarn hair.

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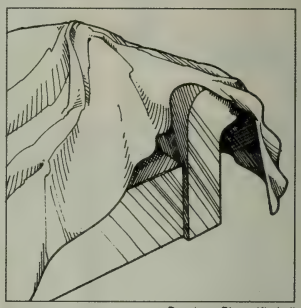


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DECORATING

Tie-on slipcover

The unique slipcover shown on page 67 is easy on the budget and easy to make. Here's how to create your own tie-on slipcover.



Drawings: Blaser Kimball

First, remove loose seat cushions and measure sofa contours from front to back and side to side, beginning and ending at the floor. Then make a drop cloth ten inches longer and wider than the measurements.

Drape the fabric over the sofa; center the fabric and tuck it tightly around the seat. Next, gather the excess fabric at the corners in your hands to determine placement of the ties. Mark the tie positions behind the folds. Insert grommets at the marked points.

To hem, trim the fabric one inch longer than the desired length. Roll the fabric under twice and machine stitch.



Slipcover the seat cushions with matching fabric. Then place the finished cover and seat cushions on the sofa. Insert cords or ties through the grommets and secure.



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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CRAFT PROJECTS FOR THE '80s

Page 29: Marquetry with paper, "Paper Marquetry"—Connoisseur Studios, Inc., P.O. Box 7187, Louisville, Ky. 40207.

Pages 30-31: Decoupage under glass, glass canisters, "Show-It-All"—Corning Glass Works, Corning, N.Y. Tole-look stenciling—(Send 50¢ for additional information, or $8.98, plus $1.65 postage and handling for a complete kit, or 50¢ for precut stencils.) stencil instructions and materials—Stencil Magic, 8 W. 19th St., New York, N.Y. 10011. Electric wood-carving power carving tools—Dremel, Division of Emerson Electric Co., 4915 21st St., P.O. Box 518, Racine, Wis. 53406. Punch tool embroidery, punch tool and additional information—Sierra Craftworks, Dept. MF, 1409 5th St., Berkeley, Calif. 94710. Glass etching with chemicals, "Crystal Etch"—Glass Art Supply Co., Dept. B, 1645 Hennepin Ave., #212, Minneapolis, Minn. 55403. Braided stitchery—Distlefink Designs, P.O. Box 358, Pelham, N.Y. 10803.

Pages 32-33: Paper cord for basketry, "Fiber Flex"—Sackner Products, Inc., 901 Ottawa Ave., N.W., Grand Rapids, Mich. 49503. No-fire sculpture compound—(Send 50¢ for additional information, or $7.50, plus $1.65 postage and handling for all materials, excluding frame.) "Flo-Sculpt"—Flo-Sculpt Studios, 8 W. 19th St., N.Y., N.Y. 10018. Imitation suede, "Sof-Suede"—Pellon Corp., 119 West 40th St., N.Y., N.Y. 10018. Easy-to-work-with-clay, "Sculpey" (also sold as "Polyform")—Polyform Products, Inc., 9420 Byron St., Schiller Park, Ill. 60176. Brush-on glass paints, glass decorating materials and pattern—Titan Corp., Dept. BG, 5629 208th St., S.W., Lynwood, Wash. 98036. Enameling powders, "Lo-Temp Enameling"—Immerman Creative Enamels, Inc., 5265 Naiman Parkway, Solon, Ohio 44139.

Pages 34-35: Teach-yourself calligraphy, "The Ken Brown Calligraphy Kit"—Hunt Manufacturing Co., 1405 Locust St., Philadelphia, Pa. 19102. Crocheting "antique" lace—Soft Antiques, Dept. CH, P.O. Box 1826, Orleans, Mass. 02653. Metallic-thread embroidery, metallic thread—Yarn Loft International, P.O. Box 771, Del Mar, Calif. 92014.

Pages 36-37: Huck weaving upholstery, fabric and footstool—The Huckery, P.O. Box 59, Malverne, N.Y. 11565. Latch hook motifs from designer fabrics—The Bucilla Company, Armour Handcraft, 150 Meadowland Parkway, P.O. Box 1534, Secaucus, N.J. 07094. Chenille granny afghan, chenille yarn—Belding Lily Co., P.O. Box 88, Shelby, N.C. 28150. Lamé patchwork, lamé fabrics—Fabric Scouts, 150 Thompson St., N.Y., N.Y. 10012. Patchwork templates—Ginger Snap Station, Dept. BHG-T1, Box 80218, Atlanta, Ga. 30603. Iron-on fabric designs, dye-transfer sheets, "Dry-Dye"—Unicor, Inc., Dept. BHG, Champaign, Ill. 61820.

SOLAR IDEA HOUSE FOR THE 1980s

Page 61 (top): Greenhouse—Lord and Burnham, Irvington, N.Y. 10533. Skylights—Skymaster, 413 Virginia Dr., Orlando, Fla. 32803.

Page 62 (top): Heat-storage columns—Thermol 81 Energy Storage Rods by Pipe Systems, Inc., 1533 Fenpark Dr., Fenton, Mo. 63026. (Bottom left): Fitch Energy Monitor—Fitch Creations, Inc., Box 111, Chapel Hill, N.C. 27514.

Pages 62-63: Sofa—Founders Furniture, Div. of Thomasville Furniture Industries, Inc., Box 339, Thomasville, N.C. 27360.

Page 64 (top): Corner clips on wine rack—Fitch Creations, Inc., Box 111, Chapel Hill, N.C. 27514. (Bottom): Lamps—Alsy, 270 Duffy Ave., Hicksville, N.Y. 11801.

Page 65 (top left): Track lighting—Progress Lighting, Erie Ave. and "G" St., Philadelphia, Pa. 19134. (Top right): Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Fabric on beds—Fieldcrest Mills, Inc., 60 W. 40th, N.Y., N.Y. 10018. (Bottom): Lamps—Alsy (address above).

HOW TO LIVE WELL WITH LESS

Page 67: Floor lamp—Chapman Mfg. Co., 481 Main St., Avon, Mass. 02322.

Page 68 (top and middle): Wallcovering—Boyd Architectural Wallcoverings, 333 N. Baldwin Park Blvd., City of Industry, Calif. 91742. (Bottom): Wallpaper—Nils Anderson Studios, Inc., P.O. Box 110, Andover, N.J. 07821. Chairs—Pier I Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102. Lamp—Prescolite, 1251 Doolittle Dr., San Leandro, Calif. 94577. Floor—Bruce Hardwood Floors, Box 171802, Memphis, Tenn. 38117.

Page 69: Vertical blinds—Flexalum Blinds, Hunter Douglas, Window Products Div., 20 Campus, Totowa, N.J. 07512.

Page 70 (top): Chair, "Hail Ragnar"—Gold Medal, Inc., 1700 Packard Ave., Racine, Wis. 53403. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Lamp—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021. (Bottom): Grid wallpaper, "Arithmetic VI" by Motif Designs—Marimekko, 7 W. 56th St., N.Y., N.Y. 10022. Wallpaper border, "Bo-Boo" by Motif (address above). Sheets—Marimekko for Dan River, Inc., Danville, Va. 24541.

Page 71: Brass floor lamp—Chapman Mfg. Co. (address above). Ceramic tile flooring—American Olean Tile Co., 216 S. Reservoir, Pomona, Calif. 91766.

MAKE ONE ROOM WORK LIKE TWO

Page 72: Tablecloth—John C. Sleator Co., 70 West 40th St., N.Y., N.Y. 10018.

Page 73: Sewing supplies—Mrs. Wigg's Cabbage Patch, 2600 Beaver, Des Moines, Ia. 50310.

Page 75: Bunk bed unit—Furniture Dynamics, Richardson, Tex. Print over love seat—Gallery 3619, 3619 Ingersoll, Des Moines, Ia. 50312. Sheets—Martex, division of WestPoint Pepperell, 1221 Ave. of the Americas, 40th Floor, N.Y., N.Y. 10020.

Page 77: Sheets—J. C. Penney, 1301 Ave. of the Americas, 8th Floor, N.Y., N.Y. 10019.

PRIZE TESTED RECIPES®

Page 106 (left): Bowl—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. (Middle left): Plate and sauceboat—Rosenthal (address above). Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Right): Counter saver—Corning Glass Works (address above).

DESIGN CREDITS

Page 29: Marquetry with paper—Suzy Taylor, ASID.

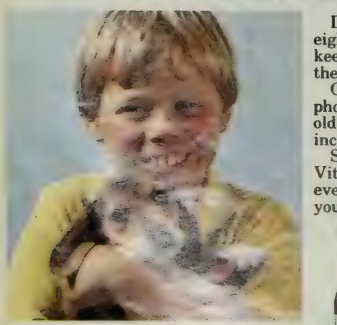
Pages 30-31: Decoupage under glass—Jill Mead. Tole-look stenciling—Tom Burgio for Stencil Magic. Electric wood carving—Sheila Barger. Punch tool embroidery—Nancy Merrell for Needlepunch. Glass etching with chemicals—Kristin Frantz. Braided stitchery—Adelle Weiss for Distlefink Designs.

Pages 32-33: Paper cord for basketry—Marcia E. Cameron. No-fire sculpture compound—Tom Burgio for Flo-Sculpt Studios. Imitation suede—Mimi Shimmin. Easy-to-work-with clay—Sue Bruni. Brush-on glass paints—Alberta Lammers. Enameling powders—Jill Mead.

Pages 34-35: Teach-yourself calligraphy—Jonathan Schneider. Crocheting "antique" lace—Sharyn Martin Prentiss and Lia Arezzo for Soft Antiques. Felting—Mary Jo Horning. Pierced paper—Phyllis Dunstan. Metallic thread embroidery—Judy Williamson.

Pages 36-37: Pretty and practical woodburning—Mimi Shimmin. Huck weaving upholstery—Pat Schatz and Frances Gordon for The Huckery. Latch hook motif from designer fabric—Vera for The Bucilla Company. Chenille granny afghan—Ginger Bassett. Lame patchwork—Ciba Vaughan for Hearts and Minds Designs. Iron-on fabric designs—Judy Williamson and Ann Levine.

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WE SHAPE HEALTH, NOT JUST TEETH.

American Association of **Orthodontists**



continued from page 121

Crafts for the '80s

tiles, using the remaining masks.

Using number decals (or a printed number from any source) as a pattern, make a stencil for the numbers desired. Dampen the back of the stencil and center it on the tile. Carefully sift a contrasting color over the stencil and peel the mask away. Fire as before.

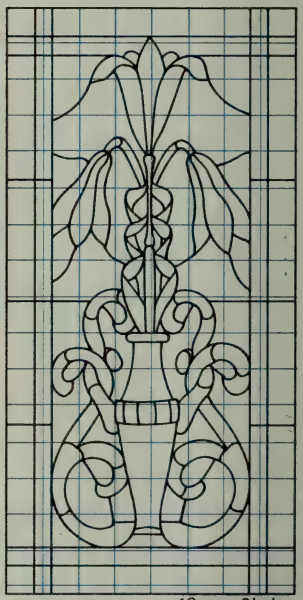
To display, build a frame much like a picture frame to surround the tiles and secure it to a ½-inch plywood backing. Finish the frame for outdoor use and apply tiles with mastic. When it is dry, apply grouting and hang.

Brush-on glass paints, page 33

Enlarge the design, *right*, and transfer it to paper for the master pattern. (To create your own pattern, tape a sheet of paper over an existing stained-glass window, and rub a crayon over the leading to delineate its outline.)

First practice applying liquid lead materials (*see Buying Guide, page 126*) until you can produce an even, unbroken line. Then center a pane of single-strength glass over the master pattern. Trace the motifs with liquid lead.

After leading is applied, allow it to harden, then brush on transparent glass stains (*see Buying Guide, page 126*) and/or textured finishes. To display, frame glass as you would a picture, attach screw eyes to top; hang.



1 Square = 2 Inches



Felting, page 35

General directions: Felting is one of the oldest and simplest methods of fabric making. As layers of wool fibers are dampened and pressed, microscopic scales or "barbs" on the fibers hold the fabric together. Today you can make felt in a process similar to traditional methods, but the use of a washing machine simplifies the steps.

"Felts" (pieces of felted fabric) can be made in predetermined shapes or in sheets to cut apart and assemble.

To begin, buy a supply of raw wool from a weaving and spinning supply

continued

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continued

Crafts for the '80s

outlet (or look in the Yellow Pages under "Wool"). You may use washed wool, but unwashed wool—or "wool in the grease"—is easier to handle. Consult a good reference for carding wool and practice making small rectangles of carded fibers. Wool carders (also available at weaving and spinning supply outlets) work best for carding.

Arrange carded wool in a rectangular batt that is 10 percent larger than the desired piece of finished felt to allow for shrinkage. Make sure the batt is at least 2 layers deep, and place each successive layer at right angles to the one below it. A 1½- to 2-inch batt will produce a felt that is ⅛ inch thick.

Once the batt is made, decorate it with additional fibers such as wool yarn, threads pulled from wool fabric, or scraps of felt *(see photo right)*. Cotton thread will also work, but larger cotton fibers, such as string or cord, are not usually successful. Expect some change in the nature and position of the decorative fibers during the process.

Once the batt is decorated, baste it between 2 layers of woven fabric to secure the fibers in place for the remainder of the process. Any woven fabric is suitable, but sheer fabrics are easier to stitch and enable you to see the placement of the decorative fibers



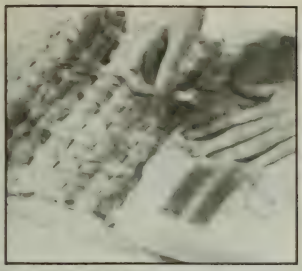
as you work. In addition, a batt basted between layers of sheer fabric will be cleaner after washing. (Old curtains make excellent fabrics for basting.) You may find it easier to decorate the batt directly on the basting fabric.

To baste use a large upholstery needle and doubled sewing thread. Cut 2 pieces of fabric larger than the batt; sandwich the batt between layers of fabric. Baste all 3 layers together with parallel rows of *loose* running stitches that are about 1 inch long and 1 inch apart *(see photo at top of next page)*. Adjust decorative fibers as you stitch. Be sure the stitches are not so tight as to distort the batt. After the batt is basted, stitch a few rows around the outside of the batt (through 2 layers of fabric only) to secure it.

Once the batt is basted, felting in a washing machine is the next step. You can control the rigidity of the fabric in 3 ways: water temperature, degree of agitation, and length of agitation. You may need to experiment during this step, since all machines vary. As a general rule, however, start with *cold* water, *gentle* cycle, and a *5-minute* wash. If the fabric does not felt satisfactorily, you can always repeat the process. However, it's impossible to

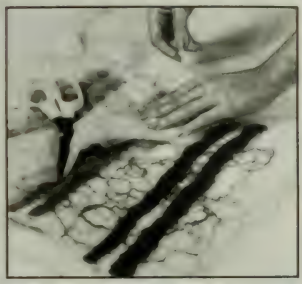


alter felt that has been washed too long. So time very carefully.



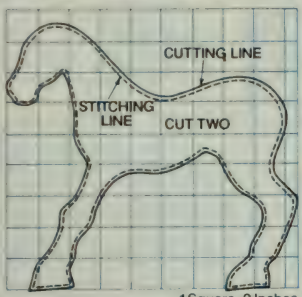
After the batt is washed, snip the basting threads and carefully remove the felt from between fabric layers while it is still wet, so that basting lines do not become permanent *(see photo below)*.

While the felt is still wet, stretch and shape it to add strength—but not stiffness—to the finished fabric. To stretch wet felt, gently pull and shape the fabric and pin it to a cork or fiberboard surface. Pin each corner and from center of each side to corners. Allow the felt to dry away from strong light and heat. (Depending on humidity conditions, felt requires at least 24 hours of drying time.) The felt should never shrink more than 10 percent of the original size. Once dry, the felt is ready to be cut and stitched.

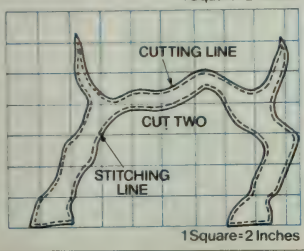


For our horse: Make 2 basic felts to duplicate the decorated version shown. Stripes are all made from the first felt which features large areas of brown, green, purple, and blue.

Use unwashed wool for the batt, and apply an even layer of washed and dyed wool fibers in 4 areas that are at least 3x18 inches. When this felt is completed, cut ¾-inch-wide strips to decorate the horse.



For the second felt, make 2 base batts that are about 22 inches square—one for



continued

Want to see Grover open 6 cans of dog food?

(Turn page.)

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Crafts for the '80s

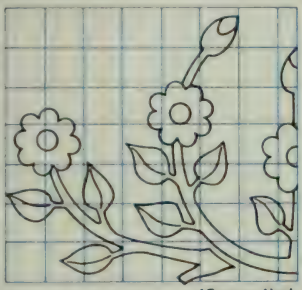
each side of the horse. Use unwashed wool for the batt, and decorate it with red and brown threads in random swirls. Place pairs of felt strips across each batt; baste and felt (*see photograph on page 35*).

Enlarge the horse pattern pieces (*page 133*), and cut the 2 larger pieces from felt, making sure that stripes align. Cut the remaining underside pieces from a compatible commercially woven fabric.

Since the horse will be stuffed tightly, line the back of the felt piece with lightweight woven fabric. Stitch felt and fabric together, inserting washed and combed wool for the mane and tail in the seams, and leaving an opening along the horse's back for stuffing. Stuff tightly with fiberfill, and add wire armatures in the legs. Stitch the opening closed, and stitch small pieces of leftover felt to head for ears.

Pierced paper, page 35

Enlarge half-pattern and transfer it to a sheet of tissue paper for your master pattern. Tape the pattern to the inside of a vellum lampshade.



1 Square = 1 Inch

Using a large sharp needle, such as an upholstery needle, poke through the pattern *and* shade to fill in the design. Work the outlines of the shapes first, then fill in the areas desired. Keep the hole size consistent and evenly spaced for best results.

Chenille granny afghan, page 37

The finished size is 42x54 inches.

Materials: Belding Lily 100-percent cotton chenille yarn (4-oz. skeins) in the following colors and amounts: 1 coral, 2 delft blue, 3 cranberry, 6 white; size I crochet hook or size to match the gauge given below.

Gauge: Each square measures 7½x7½ inches.

Note: Refer to the abbreviations below when reading crochet directions.

ch	chain
sc	single crochet
dc	double crochet
sp	space
sl st	slip stitch
sk	skip
rnd	round
rpt	repeat
tog	together

continued on page 142

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12

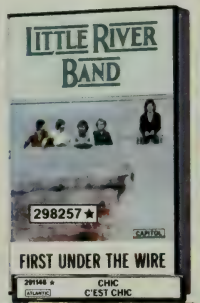
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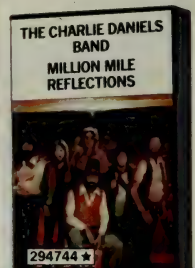
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291815★ PROFILE NOT SO EMMYLOU HARRIS

279281 Paul Simon Greatest Hits, Etc.

265140 JOHNNY MATHIS I ONLY HAVE EYES FOR YOU

279133★ MEAT LOAF BAT OUT OF HELL

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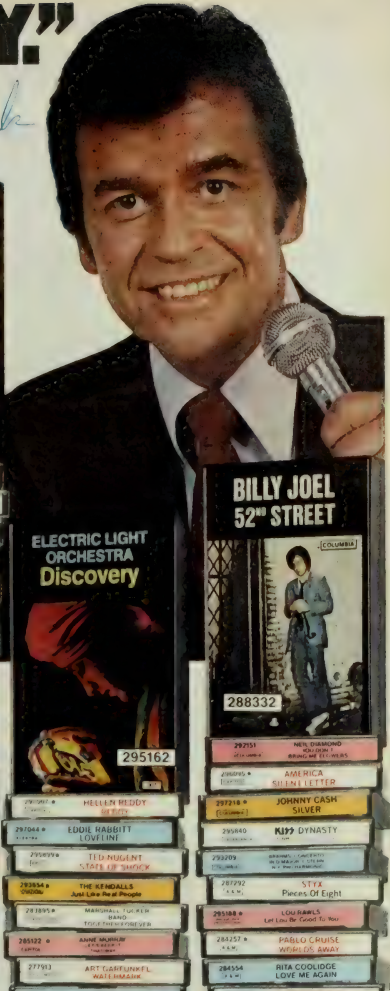
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Charmin ordinary way

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continued from page 135

Crafts for the '80s

grp(s) .....group(s)
st(s) .....stitch(es)

Instructions:

Granny square (make 36): With coral, ch 5, sl st to form ring, ch 3 (counts as first dc), 2 dc in ring, ch 2, (3 dc in ring, ch 2) 3 times, sl st to top of ch 3. Fasten off.

Rnd 2: With blue, join in any corner sp, ch 3 (counts as first dc), 2 dc in corner sp, ch 2, 3 dc in corner sp, ch 1. Continue around square, making a 3 dc group in every sp of previous rnd and making a (3 dc, ch 2, 3 dc) group in every corner sp.

Rnd 3: Rep rnd 2, using cranberry.

Rnd 4: Rep rnd 2, using white yarn for each square.

Assembling: Make 36 squares. Using white yarn, crochet, weave, or sew the squares together diagonally, making a row of 5 diamonds, then 4, then 5 and so on.

Border—*Rnd 1:* Attach white yarn in any corner point. Work around making 3 sc in all outer corner points, 1 sc in each dc and sp around making sure to include all corners from previous rnd. Join to first sc with sl st.

Rnd 2: Attach cranberry in 2nd sc of 3 sc cluster in any corner point. Make 3 sc in this point, 1 sc in each sc to within 1 sc of bottom of V shape formed by 2 squares. Sk 2 sc then continue with 1 sc in each sc to next point. Continue in pattern around. Join with sl st to first sc.

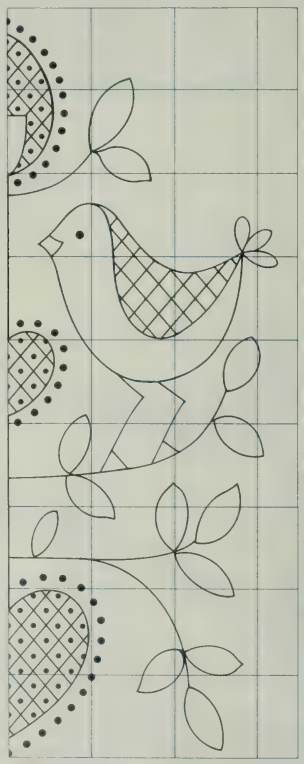
Rnd 3: Attach white and repeat rnd 2. Trim and weave in yarn ends. Block lightly.

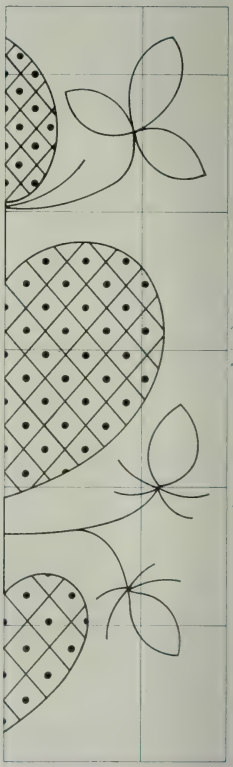
Pretty and practical woodburning, page 36

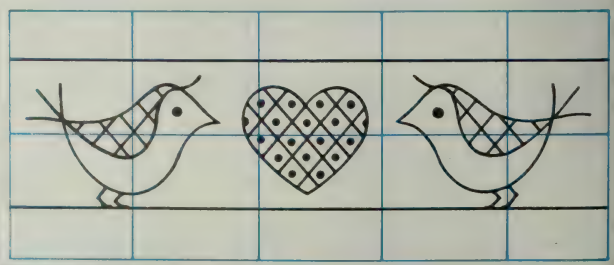
Enlarge the Pennsylvania Dutch woodburning patterns, *right,* and transfer them to various kitchen utensils with carbon paper or dressmaker's carbon.

Position small motifs on the backs of spoons or below fork tines. Larger motifs are for recipe boxes or the backs of cutting boards. Position small horizontal motifs around the rims of wooden bowls. Following the manufacturer's directions (*see Buying Guide, page 126*), practice woodburning on pieces of scrap lumber until you can control the thickness of the lines and make graceful curves. (Some woodburning tool sets include attachments that vary the nature of the burned line. Experiment with these attachments and incorporate various types of lines into your work.) When you have mastered the technique, burn designs into the backs of the utensils.

1 Square = 1 Inch







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by Ann Lively



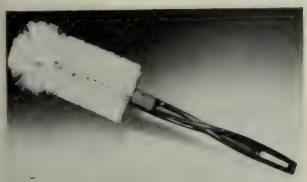
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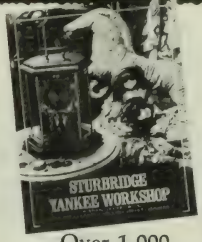
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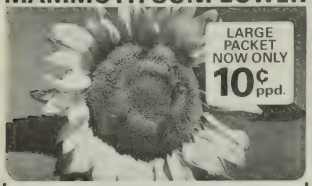
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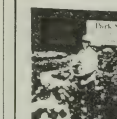
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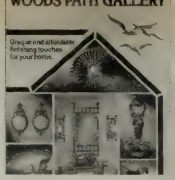
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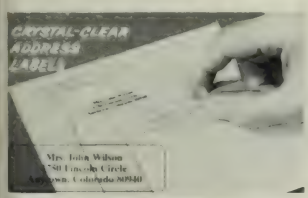
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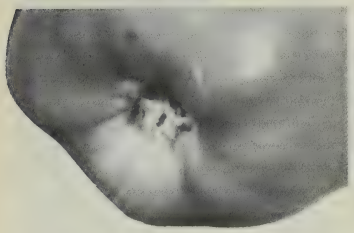


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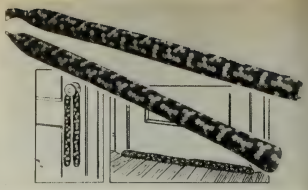
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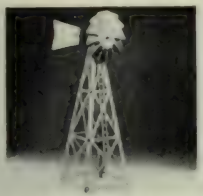
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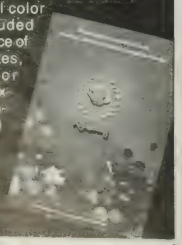
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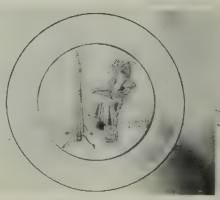
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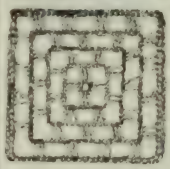
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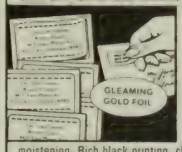
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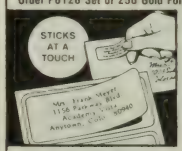
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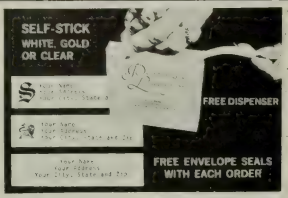
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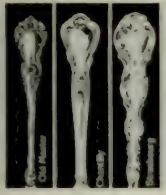
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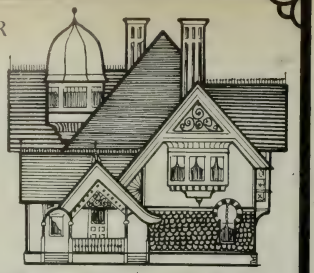
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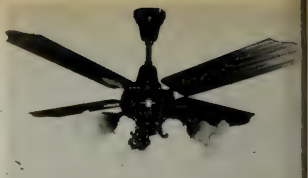
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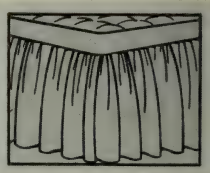
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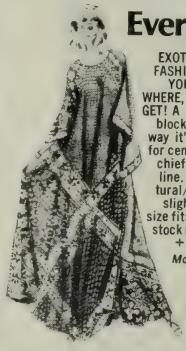
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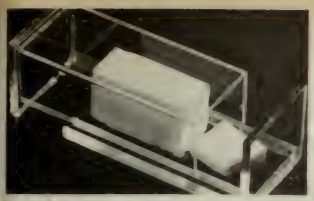
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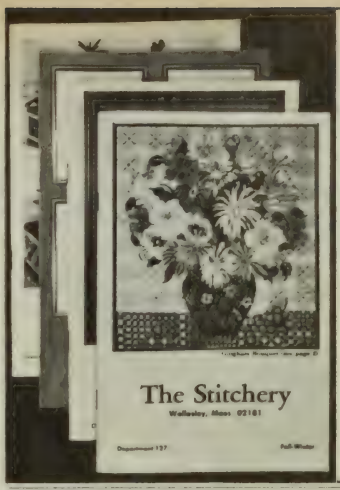
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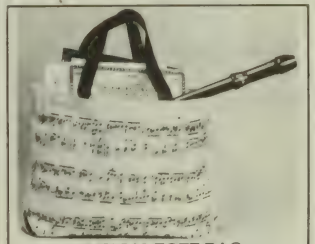
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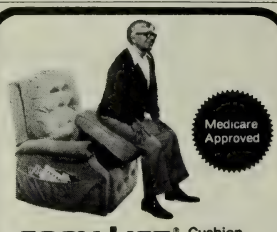
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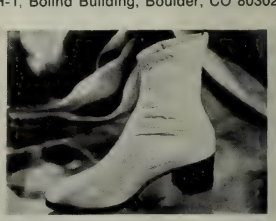
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The Man Next Door®

Joe Hollis complains that he has yet to get an unobstructed look at his four-month-old granddaughter. It seems he's only been able to view the child over his wife's shoulder.

Uncle Dodd Buckner says he's dead-set against the proposal to mint our coins from plastic rather then metal. He says he was told as a boy never to accept any wooden nickels, and he's not about to take any newfangled plastic ones either.

Rosemary's college is offering an intriguing course in fund-raising basics for students aspiring to careers in public relations. Maybe I ought to enroll myself—just to find out how to finance Rosemary's schooling next year.

At choir practice the other night, Isabel Norman didn't comment when husband Bill proclaimed that jogging has improved his singing voice. Later, she confided to Christine that Bill sounds just the same as ever to her—and she's beginning to wonder if all the jogging has affected his hearing.

Our Judy, aged 11, optimistically predicts that the energy shortage will surely bring us all closer together this winter. "Otherwise, how will we ever stay warm?" she asks. I guess I'd never considered cuddling as an alternative energy source.



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Virtue is its own reward, Grandma Hillis still insists. Hmm—I wonder if it follows that all the ex-public servants who are making big money on their memoirs were up to no good while in office?

Elaine Cowan says she's never witnessed the aftermath of a hurricane, but she thinks she now has an inkling of what it's like. She entered the neighborhood movie house a few minutes after the children's Saturday matinee had ended.

Doc Hannelly thinks the 55-mile-per-hour speed limit is a good idea, but he wishes people were required to slow down their life-styles to 55 miles per hour as well.

We often create our own diversions to pass the time on trips in the car. This week as we accompanied Rosemary back to campus after the holiday break, the game was "imagine."

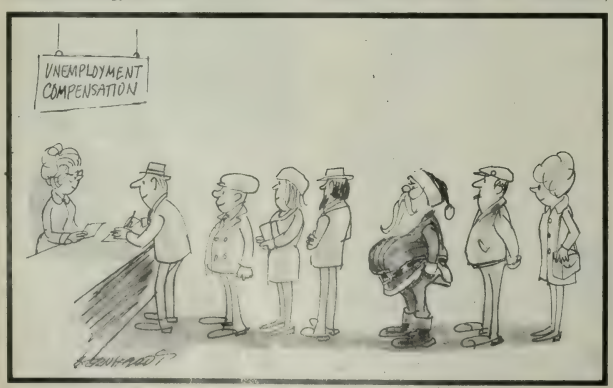
When Judy's turn came, she took us into deep water by advancing this proposition: "Imagine that you are living alone, quite happily, on a tiny island that can support only three inhabitants. Along comes a family of three refugees in a rickety boat. They'll starve or drown if you don't let them land. What do you do?"

Burt, Jr., posed a predicament that was just as troubling: "Imagine you live right next to the proposed site of a nuclear power plant, and it looks like the future of your town depends on this new energy source. Would you be for or against the plant?"

Both of these questions led to lively debates, with good arguments advanced on all sides of these complex and serious issues. Our family has difficulty even reaching a consensus of what the weather is like outside, so there was little hope of our resolving two of the most perplexing questions of the day.

But the discussion wasn't fruitless. It made us realize that while judging is easy when you're safely on the sidelines, it's infinitely tougher when you put yourself in the shoes of the people directly involved in the problem. Maybe all of the Hillises will be a little slower to form an opinion and a little more understanding in the future, thanks to playing "imagine." If so, we're all winners.

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Add triple glazing and the savings pile up still higher.

And when properly sized and oriented the windows can take advantage of the warming winter sun to save even more.

Your Andersen dealer has more heartwarming details. See the Yellow Pages under "Windows".

Write for the energy facts.
Andersen Corporation
Box 12, Bayport, MN 55003

Please send me your free booklet, "Andersen Energy Facts" on windows and gliding doors.

Name .....

Address .....

City ..... State .....

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Zip .....

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The beautiful way to save fuel®

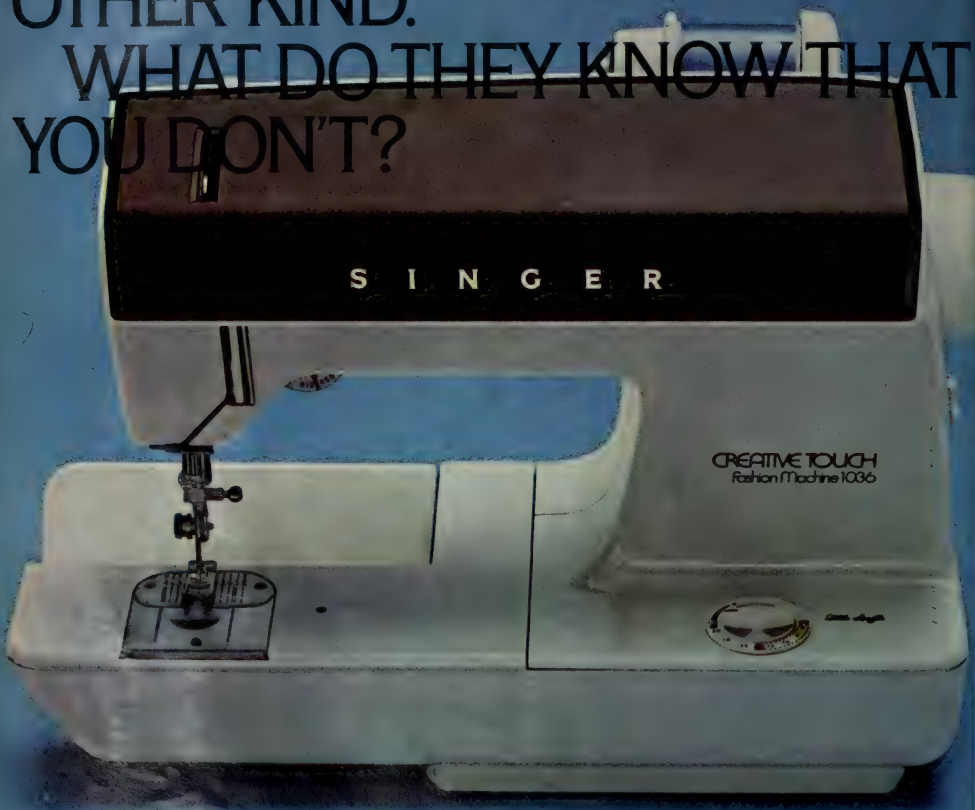
Andersen Windowalls

*Compared to windows which just meet NWMA industry air-infiltration standard I.S.2-73 in a 1,400 sq. ft. one-story house with 15% window-to-floor space ratio, 250 lineal ft. of crack and 6 inches of fiberglass ceiling insulation (R-19).

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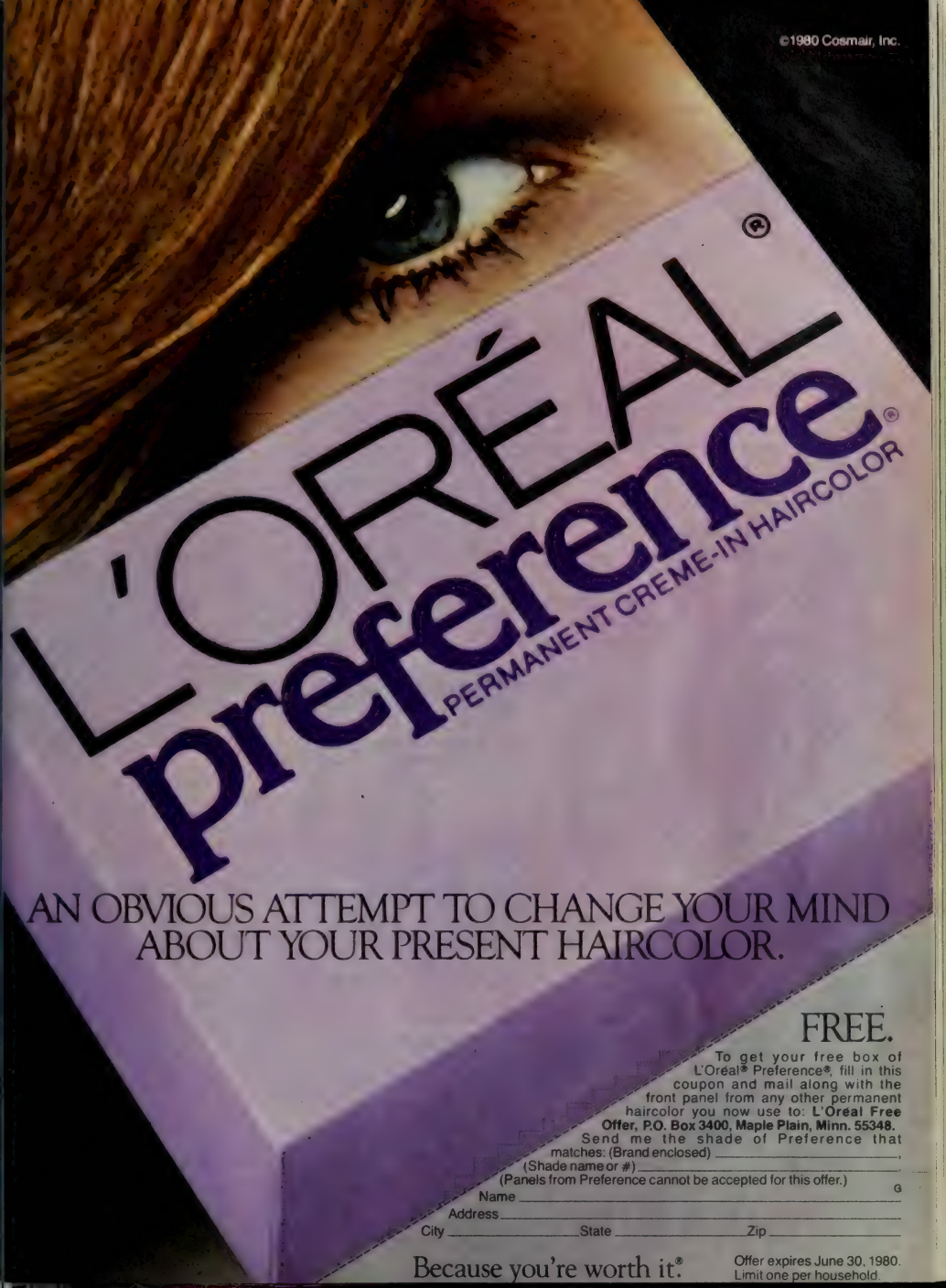


So come in to Singer and let us make sewing easy for you. It's no problem. We've done it 100 million times.

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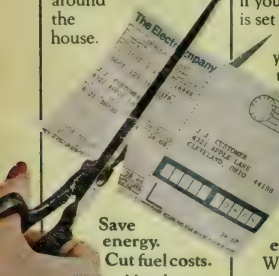
America, turn down your hot water heaters.

KITCHENAID INTRODUCES THE ONLY DISHWASHER THAT CAN SAVE MONEY ON YOUR TOTAL HOT WATER BILL

...and get your dishes cleaner than any other dishwasher can.

All dishwasher manufacturers say dishwashers should operate with water that's at least 140° hot.

To do this, until now, you've had to set your water heater at about 150°, which is much higher than you need for washing clothes, taking showers, or any other hot water use around the house.



Save energy. Cut fuel costs.

Now, because of a KitchenAid engineering breakthrough, you can turn your water heater down to 120° and KitchenAid will get your dishes cleaner than any other dishwasher can at this temperature.

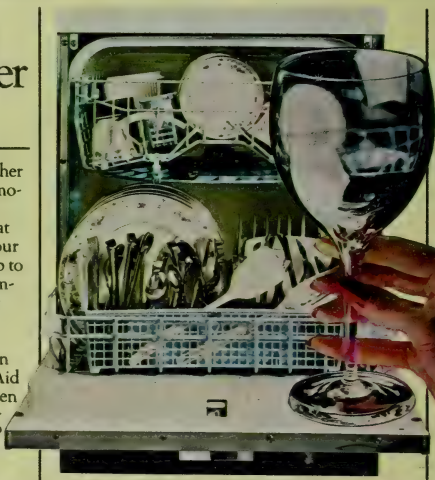
That's because the new KitchenAid dishwasher has a built-in, thermostatically-controlled heating element that takes water from your tank, and heats it up to exactly the right temperature for proper washing and for sanitized rinsing.

By heating its own hot water, KitchenAid operates properly even if your water heater is set as low as 120°.

So, even if you've already turned your water heater down, you can count on KitchenAid to give you the best dishwashing results.

24-hour-a-day energy saving.

With KitchenAid, you don't just save energy when you wash dishes, you can save it around the clock by setting your water heater at a lower temperature level.



And that's important, because your hot water heater is the second largest user of energy in your home.



Just by reducing the temperature 20° you can cut your total water heating costs by about 10%.

You get energy-saving drying, too.

There's no heating element on during drying using energy. A fan circulates the heat built up during washing and rinsing to gently, safely, and efficiently dry the dishes.

Now every complete cycle is a Sani Cycle in every model.

There's no worry about sanitizing even when your water heater is turned down. Only KitchenAid heats its own wash and rinse water to the proper temperatures in every complete cycle for sparkling clean, sanitized dishes.

New triple protection warranty.

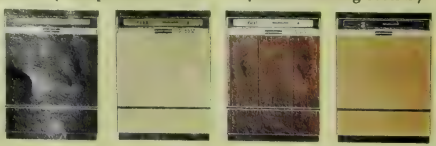
An all new 10-year limited warranty on the porcelain tank and inner door (parts only). Plus a 5-year limited warranty on the motor (parts only). And a full one-year warranty on the complete dishwasher.

At an energy-saving 120° KitchenAid gets dishes cleaner than other dishwashers.

Test results prove it. In comparative cleaning tests, using 120° input water, results showed that KitchenAid out cleaned the other leading brands.

There has never been a better time for you to buy a KitchenAid dishwasher.

Because you get a dishwasher that outcleans the others while saving total water heating energy, too.





KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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You don't have to buy all those other kitchen cleaners ...use Grease relief® instead.



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NOW YOU CAN FEEL BETTER ABOUT THROWING IN THE TOWEL.

Running a household requires a lot of energy. Yours. And the country's. But, now there's a way you can save a little of both. With a new, energy-efficient gas clothes dryer.

Compared to electric, the new gas dryers dry 3 loads for the price of 1.

The average cost of drying clothes with an electric dryer is three times the cost of drying clothes with gas.* Today's gas dryers are equipped with energy-saving pilotless ignition and automatic shut-offs. They also feature larger drums to handle bigger loads. All of which help you keep the cost of drying clothes to less than a nickel a load!

So, the next time you go to throw in the towel, and the sheets, and the shirts . . . toss them in a new gas dryer. You'll feel a lot better knowing you're saving energy and money at the same time.



Gama
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The new gas appliances are good for your economy.

*Comparisons are based on the average conditions specified in the Department of Energy test procedures.

TASTIER GROUND BEEF IS AS EASY AS A.1.

JUST MIX IN A.1. STEAK SAUCE FOR JUICY, TASTIER MEATLOAF AND HAMBURGERS.

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Quick and simple. That's the way you'd like to cook.

But sometimes what you want to eat is slow and complicated.

Well, Stouffer's has some answers for that very problem. More than a dozen single-serving entrees that ordinarily take time to cook. But when we make them, they take just [illegible] minutes. You just pop one – or two – cooking pouches in boiling water.

And you can have, for instance, Beef Stroganoff, with Parsley Noodles. Or Scallops and Shrimp Mariner with Rice.

And our beef is always tender, our seafood delicate, our sauces smooth. Every time.

Good food. When you want it. Without cooking.

With Stouffer's, it's deliciously simple.

There's a lot to like about Stouffer's.



Stouffer's

THE SOUTHWEST SCRAMBLE©

With Eggs and California Avocados.

Folks with a taste for the sun just love sitting down to a good, hearty supper. But that doesn't have to mean it's heavy, or hard to make. Delicious, golden-green California Avocados and The incredible edible egg get together to make this skillet supper in just minutes. And it's a dandy.

Incredible California Avocado Skillet Supper

1 California avocado, peeled, pitted (dice ½ and slice remaining ½ avocado into crescents)
1 Tbs. lemon juice
2 Tbs. butter
½ cup chopped onion
½ cup chopped green pepper
8 eggs
¼ cup milk
½ tsp. salt
Dash pepper
½ cup shredded Cheddar or Monterey Jack cheese
Mexican salsa (hot sauce) to taste
4 servings

In small bowl mix avocado and lemon juice and set aside. In large skillet over medium heat, cook onion and green pepper in butter until tender but not brown. Meanwhile, mix eggs, milk, salt and pepper with a fork or rotary beater. Pour egg mixture over onions and green pepper. As eggs begin to set, gently draw pancake turner completely across bottom and sides of skillet, forming large soft curds, until eggs are thickened but still moist. Mix in diced avocado and cheese. Top with salsa and sliced avocado crescents (as illustrated). Accompany with hot buttered tortillas and heated refried beans topped with additional shredded cheese.



Love Food from California

© 1980 California Avocado Advisory Commission

...redible egg
...Board ™

Important news for parents whose children need long-lasting cavity protection.

Crest keeps on working long after your child stops brushing.



Crest Fluoristan® protects your kids' teeth during those times when kids will be kids. The times they don't practice good dental do's and don'ts. The times you want to be with them. (The times they need Crest the most.)

Fluoristan. Protection that's there, even when you're not.

The Fluoristan in Crest actually combines with tooth enamel so it stays in the tooth. That's how Fluoristan gets to be part of a tooth and can protect it against cavities all day.

So when a kid brushes with Crest in the morning, it's still working for him after lunch. After snacks. And even after he forgets to brush later in the day.

Protection that doesn't rinse out.

Because Fluoristan stays active in the tooth, it gives protection that doesn't rinse out. And so with regular brushing, Crest builds long-lasting protection. Protection that keeps on working long after your kids stop brushing.

Kids will be kids.

There are lots of good reasons why kids get bad checkups. Mostly it's because kids will be kids. Which means somebody didn't brush when they should. Or as well as they should. Or they did too much snacking of sweets. (Ever notice, the smaller kids are, the bigger their sweet tooth.)

Your family would watch sweets more carefully and brush more often if you could be with them every minute of the day. But that's not really possible.

That's why your family should brush regularly with Crest for around-the-clock cavity protection.

Proof, not promises.

Even in tests where brushing wasn't supervised, Crest proved diligent at fighting cavities. In these tests kids brushed the way kids do in real life – and you know what that means – and Crest still reduced cavities.

The fact is, since it was first used, Crest Fluoristan has prevented over 400 million cavities. That's a lot of good checkups.

Now you know Crest can help you protect your family's teeth. Even when they don't.



We're working to make cavities a thing of the past.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

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Dan Kaercher

COLLEGE COSTS:

HOW MUCH HELP CAN YOU EXPECT?

If you've always thought you were too well-off to get help with your kids' college bills—and too poor to pay them—it's time to reassess.

Some major changes at the federal level have made more money available to more middle-income college-bound students than ever before. If your youngster will be starting college this fall, you'll need to act quickly to meet late-winter aid application deadlines at most schools. And if your children are younger, it will pay you to think ahead.

The new help comes at a good time. The College Board says a year at a private university typically costs $5,500 these days, while the average annual tab at a four-year public institution is about $3,300. Meanwhile, because of rapid inflationary increases in the cost of necessities for the rest of the family, many middle-income parents have fewer dollars left to spend on college.

The Middle Income Student Assistance Act, passed by Congress in late 1978, is helping to make the squeeze a little less painful for many middle-income parents of the college-bound. Here's how:



Guaranteed Student Loans

Regardless of family income, any student attending a participating college at least half-time is eligible for a federally subsidized loan to help pay his or her expenses. While the student is in school, the government pays the interest. The limit in one academic year for undergraduates is $2,500, and the maximum amount an undergraduate can have outstanding is $7,500. The graduate student loan limit is $5,000 per year and $15,000 aggregate, including any unpaid undergraduate loans.

GSLs are available from local banks, savings and loan associations, and credit unions. If the student repays within nine months after leaving school, no interest will be charged. Otherwise, he or she will have five to ten years to repay at seven-percent interest. A GSL may be used to cover the expected parental or student contribution calculated for other federal programs.

Basic Education Opportunity Grants

Because of a more generous formula for figuring real financial needs, an additional one million undergraduate students—most from families in the $15,000 to $25,000 income bracket—are receiving BEOGs this year. Under special circumstances, a family earning more than $25,000 can receive a BEOG as well. For example, a large family with a higher income might still qualify for a grant. The maximum annual award is $1,800.

Other assistance programs

Congress has appropriated money for work-study and other college-based aid programs, making it more likely that your child will get the financial help he qualifies for.

With more students benefiting from more generous federal programs, nongovernmental aid funds handled by colleges have been freed for wider distribution. Need criteria for these programs have also been liberalized.

Who decides how much your child needs?

Each year, college financial aid officers and other experts update a formula devised several years ago to determine a family's ability to pay for college. "Need" is figured as the difference between the family contribution and the cost of education—including room, board, transportation, personal expenses, books, and tuition. This formula is the basis for all college-need-based aid programs. A separate formula is used for the BEOG.

For the needs analysis, your income will be the starting point. From that will be deducted taxes, unusual expenses such as high medical bills, and an employment allowance dependent on family size. The maintenance allowance for a family of four is $9,240, up 12 percent this year. In the case of a youngster whose parents are divorced, aid is based on the financial circumstances of the parent with whom the child is living.

What remains is discretionary income,

Photograph: Kuhn/Garmon

continued

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continued

College costs

some of which you'll be expected to allocate to college. The higher the discretionary income figure, the higher your expected rate of contribution.

You'll also be expected to contribute a portion of your family assets—including home equity, savings, stocks, etc.—toward college expenses. Only assets that exceed a certain figure, called an "asset protection allowance," will be tapped. For example, two parents aged 45 to 49 could "protect" $25,800 worth of net assets. Depending on the parents' income, they'd be expected to contribute 2.6 to 5.6 percent of the remainder. Of course, having more than one child in college will reduce the amount of your expected contribution.

Your child also will be expected to pay part of his own way. The formula calls for an incoming freshman to allocate about $500 worth of summer earnings and 35 percent of his assets to the cost of his college education.

Just because you qualify, will your child get help?

For the BEOG, the answer is yes. For college-based programs, the answer depends on how much money is available and how many students need it. Chances are very good, however, that your child will get assistance, although it probably will not all be grant money. Some of the aid probably will be in the form of loans or campus work programs. The financial aid packages proposed by colleges will vary because no two colleges will have identical costs and aid funds.

Although many people believe that good grades no longer count for much when funds are being given out, an A student *does* stand a better chance of getting a grant than another equally needy student at most schools. And most colleges still offer a number of merit scholarships not tied to need.

Grades aren't a factor for most loan or work-study programs, BEOGs, or the federally sponsored Supplemental Educational Opportunity Grant Program. However, a student must be making satisfactory progress according to the standards of his or her college in order to receive aid from any of the major federally sponsored programs.

What if you don't get the help you expected?

The needs analyses are important guidelines, but most colleges adjust them in special circumstances. If your child's application is rejected, outline your situation for the college's financial aid officer. Unusual circumstances —loss of a job or the expense of caring for an elderly parent, for example— may warrant reconsideration.

What about state aid?

State programs offer about $1 billion in financial aid nationwide (usually scholarships and grants for residents to attend in-state colleges). State application processes usually are coordinated with those of the colleges, using the same forms with a few added questions. For details, students should contact their high school counselors or financial aid officers at the colleges they plan to attend.

What's ahead?

Many people believe that inequities still remain in these areas:

Treatment of assets. Considerable sentiment exists for excluding home equity from consideration as an asset, and there is some interest in excluding all nonbusiness assets. In any case, many people feel that even though asset protection allowances have been substantially increased, they are still insufficient.

Independent students. Students who are not supported by their parents can be expected to contribute as much as 40 to 75 percent of their own discretionary income toward college costs. Officials at the U.S. Office of Education (USOE), who believe those high contribution levels can impose real hardships on students supporting families, have recommended substantial reductions.

Part-time students. The student who works all day and takes an evening class in hopes it will lead to a better job generally gets no aid, regardless of his income. Some changes may come about as a result of congressional hearings on reauthorization of federal funding for higher education.

The USOE has also proposed major changes in loan programs, including a federal loan bank to administer and guarantee loans, much higher interest rates, higher maximums, and lengthier repayment periods.

Planning helps

Your child's school counselor or library can probably provide guides outlining expenses at various colleges. Or, the College Scholarship Service of the College Board will do a preliminary computer analysis of your expected contribution. Write the Financial Aid Planning Service, 1175 Radio Station, New York, New York 10019. Send $3.50 with the completed form.

If you are unable to track down a lender for a Guaranteed Student Loan, and your state is among the minority without a guarantee agency, contact the U.S. Office of Education—they may be able to direct you to a lender. Call their toll-free number: 800/638-6700 or, in Maryland, 800/492-6602.

Another source of loan information (separate from the GSL program) is United Student Aid Funds, a nonprofit educational loan guarantee corporation. You can contact the organization by calling toll-free, 800/428-9250, or writing, 6610 N. Shadeland, Indianapolis, Indiana 46220.

(Almost) never too late

If you were rejected for aid before, or didn't apply because you thought you wouldn't get any money, don't be timid about trying again. You might even be able to get help with current expenses. You can apply for a BEOG for the current school year until March 15. GSL applications are accepted until the end of the school year.

For more information

Both CSS and the American College Testing Program offer free booklets on application procedures and how to calculate your expected contributions. For *Meeting College Costs,* write the College Scholarship Service, 888 Seventh Ave., New York, New York 10019. Order *A Guide For Students and Parents* from ACT, Box 168, Iowa City, Iowa 52243. To get a free booklet outlining federal programs, write Student Consumer's Guide, Box 84, Washington, D.C. 20044. These publications may be available from your child's school counselor.

—Barbara Mantz

MR. GOOD

He tells you 4 ways to bring





ave Mr. Goodwrench change your oil at ecommended intervals. You cut wear. You'll robably even go farther on a gallon of gas. nd, if it's time for a new oil filter, have Ir. Goodwrench change that, too. Keeps you om contaminating the fresh, clean oil and arting problems all over again.

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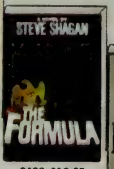
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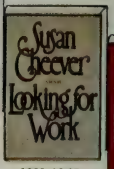
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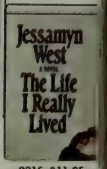
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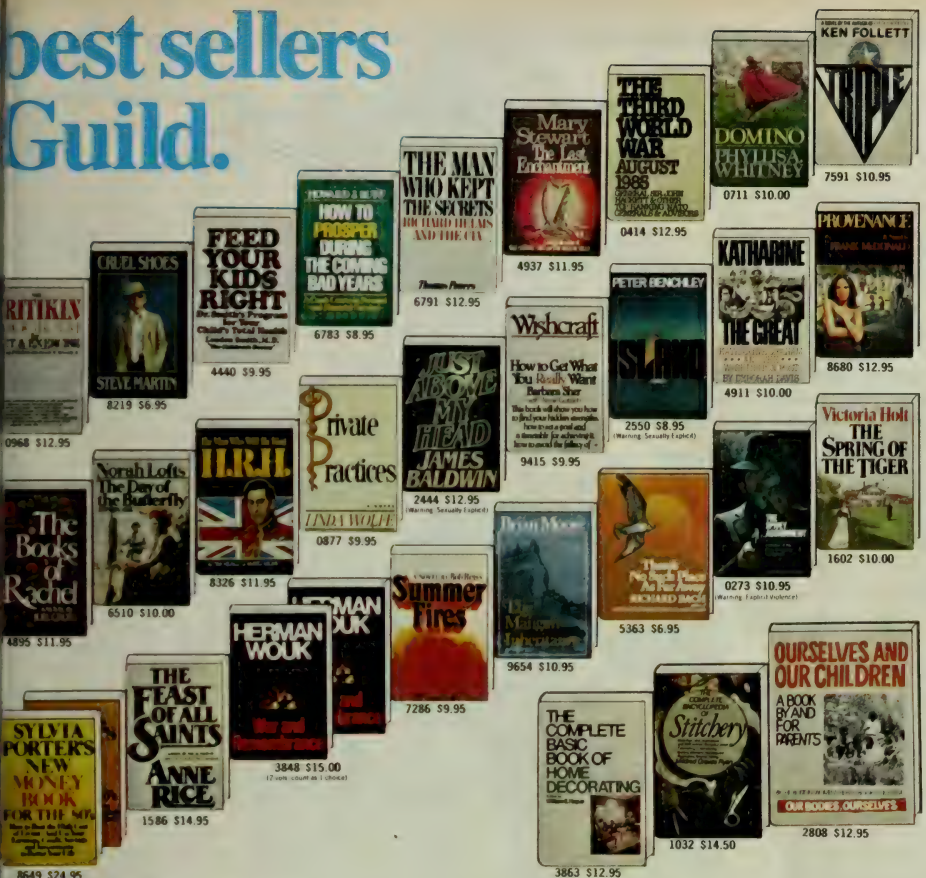
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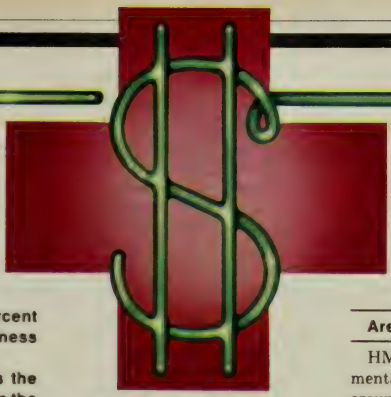
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HMOs: Could they keep health care costs down?

None of inflation's other villains—not rising food and gasoline prices, nor housing and heat costs—poses a greater threat to your family's financial security than sky-high health care bills. Even when major medical insurance pays 80 percent of the big bills, a long illness can mean big money woes.

But catastrophic illness is the extreme example. More often the damage is insidious. Despite nagging worries, you may postpone spending $50 to see a specialist about a troublesome mole, delay treatment for a youngster's earache ($30), skip another child's dental X rays ($40), or rule out entirely enrolling in a smoking clinic ($100). Indeed, for the average family just the cost of *staying* healthy seems prohibitive.

There *is* some good news about health care costs these days: Prepaid health care plans may be a way for you to cope with these mounting expenses. For instance, all the services cited above could require less than $10 in total service fees when you prepay through membership in a health maintenance organization (HMO for short). In the event of a catastrophic illness like cancer or a heart attack, you ordinarily won't owe a dime beyond the prepayment fee—no matter how expensive the treatment.

On a broader scale, HMOs may someday help to streamline health care delivery and brake runaway costs for everyone in your community. How? By introducing a new element of competition among health care providers that benefits all consumers in the long run.

How does an HMO operate?

Unlike standard health insurance subscribers, HMO members share the costs of maintaining their collective health as well as the expense of treating illness. By their very structure, prepaid plans offer a compelling economic incentive for keeping HMO members well. Because they work within a budget established by prepayments, doctors and hospitals have to keep costs in line and members as healthy as possible.

In an HMO, you make a commitment to membership for one year and pay a fixed monthly fee (or, more likely, your employer pays all or most of it when you choose the HMO option over the usual health insurance contribution). You then are entitled to practically every medical service—from periodic checkups and immunizations to laboratory tests, ambulance trips, and chemotherapy (house calls are one of the exceptions; they're rarely free). These services are provided by a preselected group of doctors and hospitals.

Unlike conventional health insurance, HMO plans do not limit the length of the hospital stay, and there are no fee schedules for surgery. Nor, as in major medical insurance, is there a deductible followed by a percentage that you must pay yourself. You are provided whatever care you need. For office visits and prescriptions, a few plans may require payment of a nominal charge (generally $1 or $2) to discourage unnecessary visits. Except for these "co-payments," there are no medical bills.

Are HMOs still experimental?

HMOs are not a new or experimental idea. Such plans have been around under different names since the 1930s. Kaiser-Permanente in California was among the first and still is by far the biggest with 3.5 million members in branches as far west as Hawaii and as far east as Ohio. In all, well over eight million Americans participate in 235 comprehensive prepaid plans all across the country.

The prepaid plan concept has evolved with differing organizational structures, sponsorship, and health care delivery procedures. HMOs can be organized and run by doctors, hospitals, community groups, insurance companies, labor unions, governmental units, even companies in the HMO "business." HMOs can have their own facilities, including hospitals, or they can contract to use existing facilities. Physicians and allied health professionals can be associated exclusively with an HMO, or the physician may provide care to members in his or her own office under a fee-for-service arrangement with the HMO. In still other cases, care is provided under a mix of fee-for-service and prepayment.

How do HMOs save you money?

Given equal quality, a hospital bed or X ray costs the same no matter how it's paid for. The money has to come from somewhere, you say. True.

Indeed, in terms of monthly premiums, HMO participation may well cost *more* than health insurance. For a family of four, HMO

continued

Illustration: Hellman Design Assoc.

continued

HMOs

coverage generally ranges from $90 a month to $120 a month, as opposed to $80 to $110 for group-plan Blue Cross/Blue Shield/major medical combinations. But here's the big surprise.

Since HMO members have few, if any, out-of-pocket expenses, even those members who pay a higher premium actually spend an average of ten to 40 percent less on medical bills in any given year than do health insurance subscribers. Why? Because HMO members spend less time in hospitals—and hospital costs are the biggest single factor in medical inflation.

Here are some astounding statistics: For 1,000 Blue Cross/Blue Shield members, the average total of days spent in the hospital is 743 per year; for 1,000 people covered by private health insurance, it's 741 days a year; but the national average for HMO members is only 450 per 1,000. And in some HMOs, the figure runs as low as only 315 per 1,000.

One reason for the brighter hospitalization figure is the HMO member's relatively uninhibited access to preventive care that allows some incipient illnesses to be avoided altogether, or diagnosed and cured before they require hospitalization. (See "Help yourself to better health," *Better Homes and Gardens,* January, 1980, for a report on the benefits of prevention.) But there's another reason for the lower rates of hospitalization: HMO doctors characteristically do not hospitalize their patients unless they think it's *really* necessary. Here's an example that illustrates the difference in approach:

When you have a problem that calls for extensive laboratory procedures, your family physician will frequently soften the financial blow by putting you in the hospital. He knows your traditional insurance will pick up the tab if you are hospitalized. On an outpatient basis, you'd have to foot all or part of the bill yourself. In an HMO, however, the service is free to you either way.

HMO physicians—and their patients—also benefit from having a watchdog medical board to advise doctors and back up their decisions. The board periodically reviews diagnoses and decisions made by HMO physicians. And the HMO physician can call in any number of these consultants without running up your bill.

HMO medical staffs are set up to provide members with the best possible mix of expertise and knowledge. The ability to work well with HMO colleagues is a big factor in selecting a member of the medical team.

More benefits per dollar

Hospital savings accrue to an HMO member's advantage in two ways. First, they mean that HMO premiums don't go up as fast as conventional health insurance rates. Second, the savings make it possible to offer an ever-expanding range of preventive and supplementary services.

More and more HMOs are providing health education classes as common covered benefits. These classes include courses in physical fitness, prenatal care, and the control of chronic illnesses, such as high blood pressure, overweight, and diabetes. Smoking clinics are often available free of charge or for a minimal fee.

HMO dental checkups for children are also becoming more widespread. So are HMO mental health services, although usually the number of visits is limited and/or co-payments (about $5 per visit) are required. It's expected that HMO coverage will expand in both the dental and the mental health areas; some plans soon may offer all dental care—for an added premium.

Even with today's cost squeeze, most HMOs manage to provide benefits that go beyond normal expectations—and without the red tape of complicated health insurance claims. If you get sick or have an accident on a trip, you're covered (and this would be about the only time an HMO member would have to file a claim form). Your costs also are covered when HMO doctors refer you to a specialist. Even corrective plastic surgery is covered, when the surgery is deemed necessary.

Why not more HMOs?

With all their advantages, why are HMOs still few and far between? After all, eight million HMO members out of 220 million Americans is only about 3½ percent of the population. Here are some of the roadblocks:

- Before an HMO can be formed and succeed, the HMO concept needs grass roots support by health care consumers, employers, and the medical community. Yet public awareness of HMOs is low in many localities, and many doctors have shown a distinct lack of enthusiasm for HMOs.
- Many patients are understandably reluctant to leave their family doctors and replace their present health insurance coverage. Unfortunately, they may also view prepaid group practice plans as clinics that operate something like hospital emergency rooms, where patients have no say in what doctors will look after them. That attitude is erroneous: At any HMO, you choose your primary physician from those doctors who are affiliated with the HMO (their qualifications are available to you to review). Nor is their practice restricted to a single medical center in most instances.
- Concern has been expressed that HMOs might skimp on quality of health care in order to cut costs. However, studies have not supported such claims. The most basic HMO quality control mechanism is the membership's freedom of choice. No HMO can sustain the enrollment it needs in order to survive if members perceive they are getting second-rate care. Dissatisfied HMO members are free to return to a conventional health insurance plan or to join another HMO.
- HMOs sometimes do not work well in rural areas. Such plans usually operate most efficiently where there is a fairly dense population served by an array of medical specialists who have an infrastructure of hospitals and laboratories at their disposal.
- An HMO cannot sustain the cost of building and maintaining extensive facilities that will be underutilized. Indeed, a number of HMOs have failed because they could not meet their financial obligations under the prepayment structure they had contracted for. Estimates for the start-up costs of an HMO range up to $5 million, and some forms of HMOs must have a membership of 20,000-30,000 in order to break even.

What about doctors' attitudes?

The medical professional has looked askance at HMOs for a number of rea-

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continued

HMOs

sons. Physicians, traditionally, are independent professionals; they don't like having other doctors look over their shoulders, as is routine in HMOs. Also, most physicians prefer being paid for specific professional services rendered, not by the "eight-hour day." Salaried physicians—like those in some prepaid group practice plans—long were considered inferior by many private practitioners. Finally, some doctors resent the fact that HMOs introduce competition in health care costs and services.

But such attitudes are changing. Today, even the American Medical Association, in effect, endorses group plans. Delegates at the AMA's 1978 convention voted to approve "fair market competition among all systems of health care delivery." Some observers think a successful HMO movement may short-circuit demands for a government-run health system, or at the least make such a program manageable.

Has government helped or hindered HMO development?

Both. The HMO movement actually bogged down after Congress passed its Health Maintenance Organization Act in 1973. The law, which provided for loans and grants to help new HMOs get established, created a bureaucratic boondoggle involving ten different offices in the Department of Health, Education and Welfare (HEW).

At the same time, the Act required HMOs to provide such extensive benefits that it was nearly impossible for new organizations to become established without charging outrageous premiums.

In 1976, Congress amended the Act, removing most of these and other stumbling blocks, and all HMO functions were consolidated into one office at HEW. That's when HMOs finally started taking off. As of this writing, the number of prepaid group plans has jumped from 175 to 235—over a one-third increase—and membership has increased from 6.3 million to eight million.

The federal government is playing an active role in promoting the HMO concept and establishing new HMOs—but don't make the mistake of categorizing the whole movement as Washington-run. Two-thirds of all HMOs formed since 1978 have been privately funded.

How can your family join an HMO?

First find out if one exists or is planned in your community, and whether or not your employer already participates or plans to. If you can't find a listing (under HMO) in the Yellow Pages, inquire at the local Blue Cross office, or call the toll-free HEW hot line number: (800) 638-6686. You can also get information by writing the Group Health Association of America, 1917 Massachusetts Avenue, N.W., Washington, D.C. 20036.

If there is an HMO, you may be able to join simply by making a trip to the personnel office at your place of employment. Under the HMO Act, your employer—provided he is covered by the minimum wage law and has at

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HMOs

least 25 people working for him—must offer you an HMO as an alternative to group health insurance, if an HMO is available in the area and has met certain federal requirements. Union members should check with their health and welfare fund representative or the union's business agent.

There's one further hitch: Even if there is a local HMO, it must first solicit your employer before he is obliged to offer the HMO alternative. So, if your employer has not been solicited, tell the HMO that there's a prospective client in the neighborhood. The HMO will be happy to oblige; its cost efficiency increases as more groups sign up. Round up some like-minded co-workers to give your boss an HMO pitch on your own, too.

Professional and trade associations that offer group health insurance to their self-employed members are not compelled to provide an HMO alternative, but they may do so. Here again, you can have the HMO solicit the association and lobby on your own.

If you are not covered by any group health insurance, you'll have to find out if and when your local HMO (or HMOs) accepts individual enrollees. Such membership is offered only at certain times, generally not more often than once a year. Open enrollment also may benefit you if you are covered by Medicare: Some HMOs provide supplementary coverage. You can investigate this at your social security office.

What if there is no HMO?

If you are really interested, try to organize a committee. Include representatives of top employer groups, labor unions, health care institutions, and leading community and consumer organizations. Examine current health care costs and availability in your area and study the different types of HMOs.

Should you decide to develop an HMO, and the resources are not locally available, HEW will provide guidance and possibly funding. Since 1971, $135 million has been committed to HMOs, and Congress has apportioned almost $60 million for 1980. Phone the HEW hot line or call the nearest HEW office.

Choosing an HMO

Be a savvy shopper when considering an HMO. Here's what to look for:

- Learn where the HMO's health centers or doctors' offices are located and inspect the facilities. Find out what hospital the HMO uses, and talk to the HMO staff and members.
- Ask whether the HMO is federally qualified (this can be a plus, although a good HMO need not necessarily be federally qualified). Learn what certifying groups the HMO is affiliated with (such as the American Group Practice Association, the Joint Commission on Accreditation of Hospitals, etc.).
- Find out if the plan is growing, and if the percentage of members who have dropped out in the past year is disproportionate to that of other plans in the area (but remember, some populations are highly mobile; this could distort the figure).
- Get your employer's assessment of the HMO.
- Find out how long you have to wait typically for services such as gynecological and eye examinations.

Then tally your own balance sheet of pros and cons of HMO membership for your family. To help you choose between HMOs—or decide what form an HMO might take if you help start one—here's a rundown on the two basic structures (variations abound):

Group Practice HMOs have their own out-patient health centers. Physicians, including specialists, are members of a staff group that ranges from ten to thousands of members. Kaiser-Permanente has its own hospitals, but generally HMO patients are sent to plan-participating hospitals.

Advantages: One-stop care, efficient coordination of services, a balanced medical team, extensive facilities for preventive care and follow-up, and often lower prices.

Disadvantages: The health center may not be convenient to where you live, although some are opening branch offices. Group practice HMOs can take more time and money to start.

Individual Practice Associations (IPAs) often are feasible where budget limitations rule out a health center. Under this setup, the HMO does not employ physicians. You go to the doctor's own office (where he also treats private patients), and your HMO pays him on a fee-for-service basis. Hospitalization is handled as under the group model.

Advantages: The doctor's office may be near your home. IPAs are proliferating, so you have a potentially wider choice of physicians. You sometimes can retain your own physician.

Disadvantages: Care services may be scattered throughout the community. IPAs can be more expensive than group practice HMOs, and haven't proved to be as viable where they lack other HMOs to compete against.

HMOs: One community's experience

In Minneapolis-St. Paul, HMOs are reshaping the health care system, lowering costs, and bringing new services to consumers.

Since 1972 alone, six plans have been formed, and HMO membership has increased at an average of 30 percent annually.

Today, the seven plans operating in the Twin Cities (six of which were privately developed and have received no federal funding) serve a membership of about 300,000—almost 16 percent of the area's population. An estimated 3,000 Twin Cities physicians participate in HMOs that are run by hospitals, physician group practices, a county medical society, and Blue Cross/Blue Shield.

The key to HMO expansion in the Twin Cities has been enthusiastic employer backing by such firms as General Mills, Honeywell, and Control Data—each of which offers a choice of several plans. (Competition among HMOs and with fee-for-service providers is regarded as one of the healthiest offshoots of HMO penetration here.)

The impact of the trend toward HMOs is apparent in dramatically lower hospitalization rates for HMO members and in such consumer-oriented services as shopping center offices, longer office hours, and health education classes. Perhaps best of all for HMO members, their premiums have increased at a substantially lower rate than those of subscribers to conventional health insurance plans.

—George Bush

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IDEA KITCHEN

DESIGNED TO LAST

By Joan McCloskey and Linda Joan Smith



Photographs: Hedrich-Blessing. Design: Bill Ketcham, General Electric Co.

On at least one subject our readers speak with a single voice: "Kitchens should be made to *last.*" While other rooms in the house can change often in looks and even function, a kitchen ought to perform its meal preparation role smoothly and efficiently for many years. Individual appliances come and go, of course, but major kitchen remodeling is too disruptive and expensive to be tackled needlessly.

All of which argues for sound planning in the first place. The payoff is abundantly illustrated on these five pages. This well-planned and beautifully executed kitchen could easily carry you through many changes in family life-style. The kitchen was sponsored by *Better Homes and Gardens* and General Electric in cooperation with the Women's Auxiliary of the National Association of Home Builders.

IDEA KITCHEN

Because it's so airy and open, the kitchen seems quite spacious. Actually, the layout was inspired by a ship's compact galley; the wood plank floor, compact working core, and "ship's wheel" window above the sink reinforce that shipboard theme.

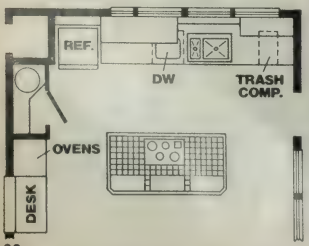
The most noticeable feature, of course, is the center island. One half of the island surface contains the cooktop, which is flanked with practical ceramic-tile work surfaces. The other side of the island is a convenient informal dining spot, complete with inset "place mats" of plastic laminate. Centered overhead, a big diffused light fixture supplements natural light from the high clerestory windows above the "ship's wheel" window.

The center island cooktop forms an efficient work triangle with the sink and refrigerator just opposite on the long arm of the L. Conventional and microwave ovens are built into the short side of the L, just a step away.

The sink wall boasts two long stretches of laminate counter top, as well as a built-in dishwasher and trash compactor. With the dishwasher, you need only the single-bowl stainless steel sink for soaking big broiler pans. But, a small disposer bowl to the side of the main sink comes in handy when you're preparing salads on the built-in chopping surface to the left.

Ceramic tile with dark grout was used for the sink backsplash and for the work surface of the island. The tile will withstand the heat of pots right off the stove, and the grout will not discolor.

The components of this kitchen fit neatly into a surprisingly compact working area. In addition to housing the standard appliances, the area accommodates a planning desk, pantry, bake center, trash compactor, and microwave oven.







IDEA KITCHEN

The dominant impression this handsome kitchen makes is one of quiet efficiency. Every detail—both visual and mechanical—adds to the performance of the kitchen as a whole. The colors are all in neutral tones so you won't tire of them; accents come from plants and brightly colored kitchen paraphernalia on display.

Storage abounds in this kitchen. In addition to the handsome suspended cabinets, there's a tall pantry in the crook of the L, plus specialized pot-and-pan drawers in the island. The cupboard above the microwave oven is designed to hold a multitude of cookie sheets and serving trays. There's even room for showing off your cook books—right at the point of their most frequent use.

1 Opposite the island, between the sink and refrigerator, there's a handy bake center. The counter here is extra deep—30 inches instead of the usual 25 inches—so there's plenty of room to roll out pastry. An appliance garage and a special spice drawer keep equipment and ingredients in shipshape order.

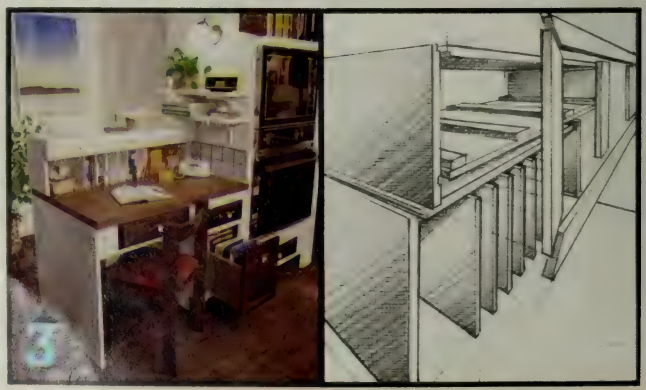
2 Special care went into the design of this compact pantry. A store-bought heavy-duty rack hangs on the back side of the big door for one-can-deep storage. Cleaning gear hangs from the center shelf. At the right, lazy Susan units present condiments and canned goods at a touch; bulky items like pet foods are stored below. The light comes on automatically when the pantry door is opened.

3 You're sure to find this compact planning center a handy place to prepare shopping lists, as well as pay the bills. The deep drawer has suspended files; the back section boasts vertical pigeonholes for all your pending paper work.

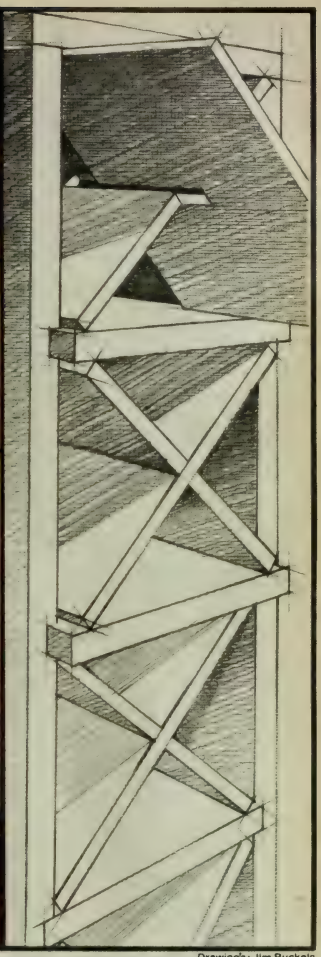
4 & 5 The cabinets in the center island are designed to make life easier; heavy pots and casseroles come to you on roll-out shelves and a pullout rack keeps saucepans in order. Another spice drawer—this one for cooking herbs—keeps seasonings close at hand for last-minute adjustments.

Plans for this kitchen are available for $3.50 from NAHB Auxiliary, 15th & M Street N.W., Washington, D.C. 20005.

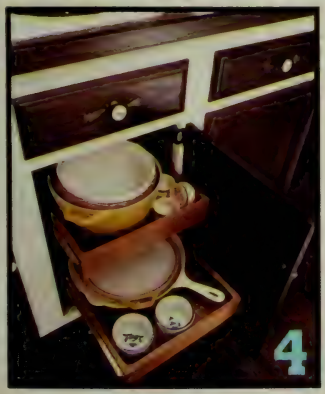




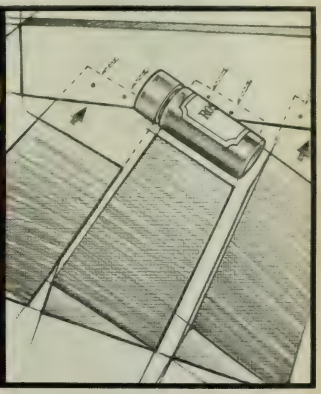




Drawing's: Jim Buckels









QUICK & EASY QUILTING

BY NANCY LINDEMEYER
AND DEBORAH DUGAN

If you love the look of real appliqué but your time is at a premium, stencil an "instant" heirloom quilt instead. Based on the Friendship Album quilts of years past, this glorious painted coverlet works up in a fraction of the time—and at a fraction of the cost—of real appliqué (even of homemade pieced quilts). And its good looks will fool even die-hard quilters! Just stencil one of six bold designs onto a muslin square, add a quilt batt and muslin backing, then hand or machine quilt. Link the finished blocks together and add a sweeping border—and you've made a quilt to be treasured. So give it a try! It's super simple and inexpensive, plus you can stash the square-in-progress in your bag and quilt on the run!

For complete how-to, turn to page 160

To order a quilt stencil kit, see page 188

Stencil designs: Stencil Magic. Quilt design: Phyllis Dunstan. Photograph: Harry Hartman

ADDITIONS TO ROUND OUT ANY HOUSE

By David Haupert
and CarolAnn Shindelar

Do you remember when you bought your house? You thought it was almost perfect, and the whole family looked forward to moving in. But now the family has grown—the kids are more active, the adults want more privacy—and you need more space. Rather than face the hassle of buying another house and moving (*and* paying today's high mortgage interest rates), why not add on to the home you have? There are dozens of ways you can add extra space to any house. Here are five designs to consider.



Photographs: Bill Helms. Architect: Arthur J. Wexler. Source: Bonnie Maharam

AN 11 x 16 KITCHEN

Not one in a hundred people (except for the neighbors) could tell that the room at the back of this old story-and-a-half is 59 years newer than the house itself. And that's just the way the owners wanted it. They liked the clean, simple lines of their stuccoed Tudor house and weren't about to introduce a discordant look. So the new room, an 11x16 kitchen, is a real sleeper—on the outside.

Inside that unobtrusive rectangle is a bright, high-rise space that's a beautiful blend of old and new. Look upward and you see the top half of a century-old colonial cabin. But everything below smacks of the comfort and convenience of the 1980s. Subtly separating the kitchen into work and eating areas are two window-height partitions—one at each side of the central corridor. The dining table tucks into the space behind the right partition and below the casement window.







A 14 x 23 SOLARIUM

A collection of several years' worth of magazine clippings paid off handsomely when these homeowners decided to add on to their colonial two-story. They sifted through their files and notes for weeks, and then took their ideas to the builder.

"We want an outdoor room indoors," they said, "with a view of the sky and lots of windows." They got all that and more in this smashing solarium. Well-windowed on the outside and ultra-white on the inside, the solarium's contemporary look softens the staid exterior of the main house without destroying its traditional character. In the winter the solarium practically heats itself with the sun it absorbs. And in the summer it stays shady and cool—thanks to leafy trees and an ample overhang.

Photographs: William Hopkins Builder: Dean Paulson Source: Maxine Schweiker

ADDITIONS

A 37 x 17 FAMILY ROOM

Here's an unlikely marriage that has certainly prospered. Two nearly opposite architectural styles—1980 contemporary and 1910 prairie—have merged in this good-looking addition. The contemporary half of the merger—a new 37x17 family room—is joined to its 65-year-old partner with matching materials and similar exterior styling. "It took us a long time to find brick to match the existing house, but we think it was worth it," says the homeowner.

The addition is large, but it's used for more than just family recreation. When viewed from the doorway of the existing house, *top photo,* the bulk of the space (25x17 feet of it) is a dramatic indoor/outdoor family room. But if the family has overnight guests, the room has other duties; those leather sofas convert to beds, and the room becomes guest sleeping quarters.

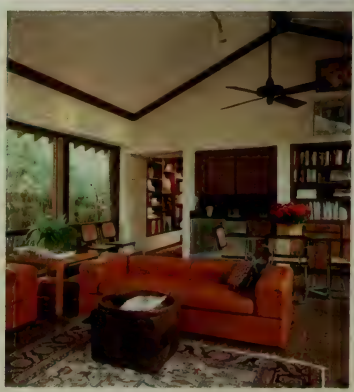
Now turn around and look toward the other end of the room, *bottom right.* This half is used as an informal dining and card-playing area, complete with built-in wet bar and storage cabinets. Behind the built-ins is the remaining 12x17 feet of the addition. Three closets, a storage room, and a full bath are just a couple of steps through the doorway, down a short hall, and to the right.

Cutting a corridor to a new addition isn't always easy, mainly because the most likely route often dissects a room and turns it into an oversize pathway. To avoid that problem here, the architect bumped out the side of the house and created a corridor to tie into the family room.



Photographs: Hedrich-Blessing. Architect: Charles Edwin Jones. Source: Barbara Sims/Linda Magazine







A 22x14 LIVING-DINING ROOM

An addition doesn't have to be large to make a house more livable. This one is only 22x14 feet in size, but it adds three new rooms to the back of a tiny duplex. Duplexes aren't known for their generous space—or their innovative architecture either—so the dramatic design of this addition and the extra room it provides are particularly welcome.

The new spaces start at the half-wall by the kitchen counter. The first six feet of the addition rises two stories high to meet the slope of the original roof. This six-foot sliver of space is a new formal dining area. It's well lit by two clerestory windows. Beyond the dining area is a 16x14-foot living room. The third room—a half-bath—is out of camera range to the right of the dining area.

Photographs: William Hopkins. Architect: David Duimstra, AIA. Source: Maxine Schweiker



A 13x17 GARDEN ROOM

A growing young family and a thriving collection of plants were both putting the squeeze on this suburban tract house. The family room was especially crowded, with kids and plants competing for space. But now there's room for all in this garden room addition.

The garden room rests on a concrete slab patio that was poured when the house was built. Identical exterior siding and batten trim blend the addition with the original house. Although the garden room is glassed on all sides to admit sunlight for the plants, a wide overhang on the south protects them from too-strong midday sun. Excess warmth inside the garden room can be vented by opening the sliding doors.

Buying Information, page 69

Photographs: William Hopkins. Interior design: Rosalie Gallagher. Source: Maxine Schweiker

New Wave Of Smoker Research Just In: MERIT smokers acclaim low tar option as taste alternative to high tar brands.

"Best Tasting Low Tar I've Tried."

MERIT smokers rate low tar MERIT satisfying taste alternative to high tar brands.

New national smoker study results prove it.

Proof: The overwhelming majority of MERIT smokers polled felt they didn't sacrifice taste in switching from high tar cigarettes.

Proof: 96% of MERIT smokers don't miss former high tar brands.

Proof: 9 out of 10 enjoy smoking *as much* since switching to MERIT, are *glad* they switched, and report MERIT is the best tasting low tar they've *ever* tried.

Smokers find the taste of low tar MERIT matches that of high tar cigarettes.

New taste-test results prove it.

© Philip Morris Inc. 1979



Proof: A significant majority of smokers rated MERIT taste as good as—or better than—leading high tar brands. Even cigarettes having twice the tar!

Proof: Of the 95% stating a preference when tar levels were revealed, 3 out of 4 smokers chose the MERIT low tar/good taste combination over high tar leaders.

You've read the results. The conclusion is clearer than ever: MERIT delivers a winning combination of taste and low tar.

A combination that seems to be attracting more and more smokers every day and—more importantly—satisfying them *long term.*

MERIT

Kings & 100's

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78



We're so sure that less active dogs will love our new taste, we guarantee it.*

(DOUBLE YOUR MONEY BACK!)

Cycle® 3 Dry Dog Food has always had great nutrition. But to make it even better, we've improved the taste.

Owners of less active dogs say that new improved Cycle 3, overall, is just as good as the nation's leading dry brand. So now your less active dog can get all the protein, vitamins and minerals he needs, with less fat and 20% fewer calories than the leading brand.

Plus a great new taste



GF GENERAL FOODS

New Improved Dry Cycle® 3 DOG FOOD

GREAT TASTE AND NUTRITION

*See certificate for details.

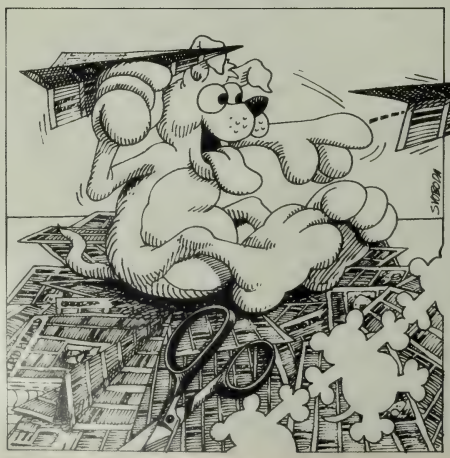
© General Foods Corporation 1979

PETS

Barbara Humeston

A surefire system for housebreaking your pup

Almost everyone who's ever owned a pup has his or her own housebreaking strategy. Some techniques are so harsh they can physically or emotionally damage a pet; others are so lackadaisical they allow a wayward pup to totally disrupt your household routine. But if you follow our basic program, your pet should be obeying the "house rules" in next to no time, with minimum wear and tear on all concerned. Timing is an important consideration when you're introducing a new puppy into your home. Housebreaking is bound to be easiest during the warm-weather months.



Advance preparation

The only equipment you'll need is a crate (a completely enclosed wire cage with a door). You can buy a cage at a pet shop or build your own.

For housebreaking purposes, the enclosure should be big enough for your pup to sit up, lie down, and stretch out comfortably, but not big enough for him to stroll around. If you get a crate large enough to serve as a travel carrier or as sleeping quarters for your pet when he's full grown, you can use a piece of board or screen to

continued

partition off a section that's just the right size for housebreaking.

Three housebreaking steps

You should begin house-training when your pup is about seven to ten weeks old—trying to start earlier is usually a waste of time. Extremely young dogs—like very young children—simply haven't developed sufficiently to control themselves.

Step 1: Scheduling—The trick of housebreaking is to make a schedule, and stick to it. As you adapt the model schedule shown below to your family's particular routine, keep in mind that a young pup should never be expected to go for more than six to eight hours at night without an outing or for more than three or four hours any other time. You may find your pup requires even more frequent walks, especially if he's still very young. Try to stay a bit flexible till you settle on a schedule that meets his needs. And you may find, too, that your pup gets along well on three feedings a day instead of the four outlined in the plan shown below. If so, you can easily eliminate a meal without affecting the exercise/confinement routine. In fact, by the time your pup is approximately six months old, two meals a day should suffice.

Stick to your pup's schedule

You can't sleep till noon on Sunday and expect your pup to stay dry. If you want to play with your pet or show him off betweentimes, take him out of his crate and walk him outdoors first. Then walk him again every 20 minutes or so, till you return him to his crate. To help your pup understand the purpose of the outing, walk him in the same area each time and "mark" the area with a rag used to clean up one of his puddles. Never just "put your pet out." Always walk him, and praise him lavishly when the mission is successful. And if you always take your pet out for his walks through the same door, he'll continue to go to that exit when he needs to relieve himself after he's house-trained.

You can leave a little water and perhaps a rawhide "chew toy" inside your

continued

7 a.m. Walk
Feed (leave food for about 20 minutes)
Walk
20 minutes of play (in the kitchen); confinement in his crate.
11 a.m. Walk
Feed (leave food 20 minutes)
Walk
20 minutes of play (in the kitchen); confinement in his crate.
3 p.m. Walk
Feed (leave food 20 minutes)
Walk
20 minutes play (in the kitchen); confinement in his crate.
7 p.m. Walk
Feed (leave food 20 minutes)
Walk
20 minutes play (in the kitchen); confinement in his crate.
11 p.m. Walk
Confinement in his crate overnight.



We're so sure that dogs over seven will love our new taste, we guarantee it.*

(DOUBLE YOUR MONEY BACK!)

When we tested new Cycle® 4 Dry Dog Food, 9 out of 10 dogs preferred the improved Cycle 4 over the old product. So now you can give your dog specially tailored nutrition for his delicate digestion, extra calcium for his older bones and higher quality protein than the leading dog food. Plus a great new taste he'll love.



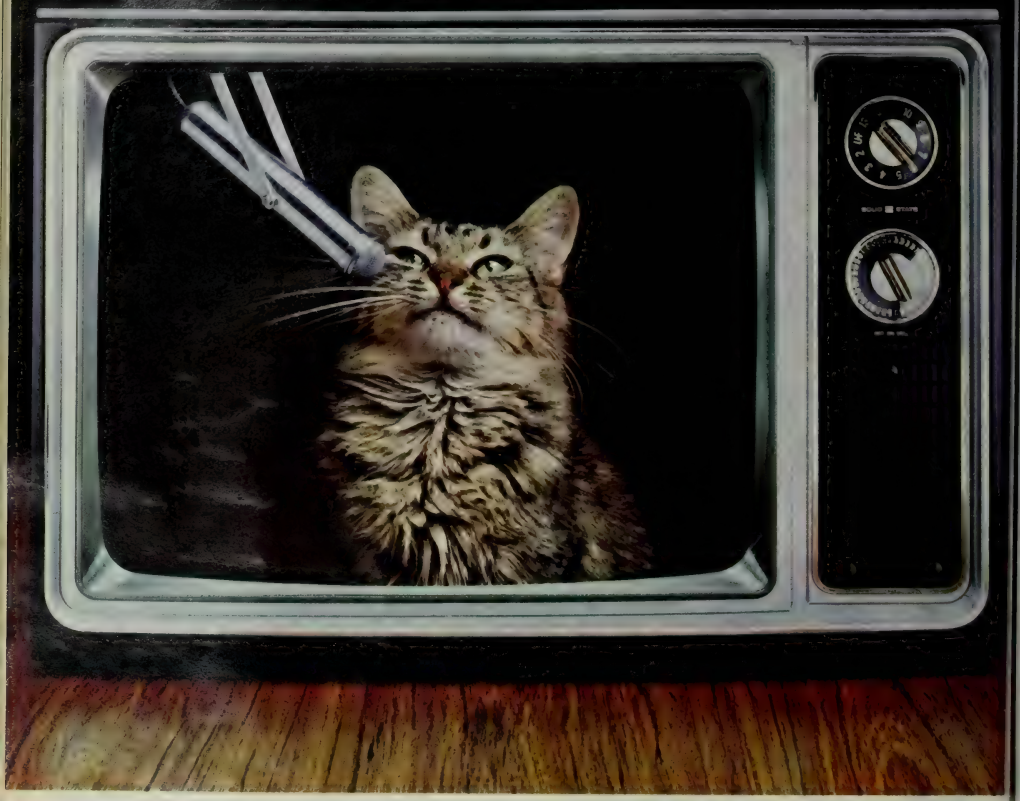
GF GENERAL FOODS

New Improved Dry Cycle® 4 DOG FOOD

GREAT TASTE AND NUTRITION

*See certificate for details.

$15,000 AND A STARRING ROLE IN A T.V. COMMERCIAL. ALL YOUR CAT HAS TO DO IS SAY THE WORD.



Your cat's never at a loss for words when it comes to asking for delicious Meow Mix® cat food. But now he (or she) has even more to gain by speaking right up.

Because Meow Mix cat food is holding its Third Annual Meow Mix Meow Off.

And with a shot at a starring role in a Meow Mix TV commercial (plus $15,000 and a trip to Hollywood), your cat'll jump at the chance to put in his 2¢ worth.

Especially when he sees the star treatment Benjamin Franklin Pierce of Jacksonville, Fla. (the winner of the 2nd Annual Meow Mix Meow Off) is currently getting in Meow Mix cat food commercials.

Last year, thousands of cats got into the act. But Benjamin Franklin Pierce out-meowed them all to win his place in the Hollywood sun.

With a little luck, and a helping hand from you, this could be your cat's year to shine.

Just read the rules, fill out an entry form (also on bags and boxes of Meow Mix cat food), mail it in, and tell your cat to keep his paws crossed. No purchase necessary.

Three lucky finalists will go on to California (with two people of their choice) to audition for the meow that'll knock Hollywood on its ear.

In all there'll be 3,400 prizes worth $150,000. With a major prize winner in every state.

So be a real pussycat and enter your cat in the Third Annual Meow Mix Meow Off.

After all, he (or she) could be talking big money.



THE 3rd ANNUAL MEOW MIX MEOW OFF

ENTER THE THIRD ANNUAL MEOW MIX® MEOW OFF.



3400 PRIZES

MAJOR PRIZE WINNERS IN EVERY STATE— (First or Second Prizes)

$150,000 IN PRIZES

GRAND PRIZE—A trip for two to Hollywood, your cat in a TV commercial and $15,000 in cash

3 FIRST PRIZES (One of the three First Prize Winners will become the Grand Prize Winner)— 7 nights, 8 day trip for two to Hollywood plus a Sony Betamax Video Recorder

47 SECOND PRIZES—Sony 19" Color TV

100 THIRD PRIZES—Sony AM/FM Stereo Out fit with Cassette and Record Player

250 FOURTH PRIZES—Sony Tape Recorder

3000 FIFTH PRIZES—The Life, History and Magic of the Cat Books

OFFICIAL RULES

1. Fill in the entry blank below and include a weight circle from any size package of Meow Mix® cat food. Or hand print the name of your cat, your name and address along with the words MEOW MIX on a plain piece of paper. Mail to: The Third Annual Meow Mix® Meow Off, P.O. Box 8241, St. Paul, Minnesota 55182. No purchase necessary.

2. Enter as often as you wish, but each entry must be mailed in a separate envelope. Entries must be received no later than May 15, 1980 to be eligible.

3. Prizewinners will be determined in a witnessed random drawing conducted by Frederick Siebel Associates, an independent judging organization whose decisions are final. The odds of winning will be determined by the number of entries received.

4. One major grand prizewinner will be selected representing each of the 50 states. From these 50 major prize winners, the first three prizewinners will be drawn at random and become eligible to participate in the final Meow Off competition in Hollywood for the grand prize. The 47 remaining state winners will automatically become second prizewinners. The three finalists must agree to bring their cat to Hollywood, travel, meals, and expenses paid, the week of July 14, 1980 to participate in the Meow Off competition. Selection of the grand prizewinner will be made by an authoritative group of judges based on the uniqueness and distinctiveness of the prizewinners' cat's meow.

5. All prizewinners will be notified by mail. No substitution of prizes will be allowed. All applicable taxes on the value of the prizes won are the responsibility of the prizewinner. Only one prize per family.

6. Contest open to all cat owning residents of the U.S. except where prohibited, taxed or otherwise restricted. Employees (and their families) of Ralston Purina Company, its affiliated companies, its advertising agencies and judging organization are prohibited from entering.

7. All prizes will be awarded. Total retail value of prizes offered is $150,000. To obtain a list of major winners, send a stamped, self addressed envelope to: The Third Annual Meow Mix Meow Off, P.O. Box 8225, St. Paul, Minnesota 55182.

WRITE YOUR OWN TICKET TO HOLLYWOOD.

The Third Annual Meow Mix Meow Off
P.O. Box 8241, St. Paul, Minnesota 55182.

Name _____

Cat's Name _____

Address _____

City _____ State _____ Zip _____

See official rules above. Void where prohibited, taxed or otherwise restricted.

continued

Housebreaking your pup

pet's crate to help keep him occupied. But never leave food inside the crate. Make sure water is available to your pup whenever he's outside his crate.

Step 2: Correction and praise—Of course, your pup will have accidents from time to time, especially early in his training. When you catch him in the act, scold him, then walk him.

If your pup is very young and/or small and the weather is bitterly cold, you can walk him onto a newspaper-covered area instead of outdoors. Confining your pup still makes sense, even when paper training. Your pet will be better prepared for the transition to the outdoors if he's already learned to pace himself according to a fixed schedule. Be forewarned, however, that it's difficult to retrain some paper-trained pets to relieve themselves outdoors later on.

Step 3: Working toward "run of the house"—As your pup catches on, he'll relieve himself efficiently outdoors and stay dry during "playtime" and while in his crate. Then, you can begin to lengthen play periods.

After a few accident-free weeks, try leaving your pup alone in the kitchen outside the crate, starting with a few minutes at a time. If his good behavior continues, gradually increase his outside-the-crate time—both when you're around and when you're out of the room. Always praise your pup when you return and find the room the way you left it.

If your pet slips up, return to his original housebreaking schedule. Then, gradually work toward giving him more freedom according to his performance. Three or four backslides are usually a normal part of the learning process. But always remember that praise for good behavior is a much more effective training tactic than punishment for mishaps.

Consider consulting a veterinarian if your pup still isn't house-trained despite all your best efforts. Occasionally, a physical problem of some type may be hampering your housebreaking endeavors. If so, a veterinarian probably will be able to help.

Answers to housebreaking questions

• *What if my pup is paper trained and won't relieve himself outdoors?* Crate your pup. Then, on schedule, lift him out of the crate, carry him outdoors, and put him down. If he relieves himself, praise him heartily. If not, carry him back to his crate and wait till his next scheduled outing. If there's nowhere for your pup to relieve himself indoors except in his crate, he'll be compelled to do so outside. Continue this pattern for a few days before switching your pup to a normal housebreaking schedule.

• *How many times a day should I walk my pup after he's housebroken?* A young pup of housebreaking age usually should be taken outdoors at least five times a day. As he gets older and better trained, taper off to three or four walks daily.

• *If my pet has an accident, should I rub his nose in the mess or strike him?* Neither of these tactics has any place in a humane housebreaking program. In fact, striking your pet is more likely to turn him into a biter than to solve his house-training problems.

• *How can I effectively punish a pup for relieving himself indoors if I don't catch him in the act?* This is very difficult in the early stages of house-training. But as your pup begins to sense he's done something wrong, you can take him to the site of the accident and call it to his attention. Then, scold him and walk him outdoors to show him where he's supposed to relieve himself. Never assume your pet knows what's expected of him till he's completely house-trained.

• *If my pup has an accident indoors, what's a good method of cleanup?* Speed is crucial in cleaning up indoor accidents, so tackle the job without delay. There's a variety of methods you can try, but here's one that's usually effective. First, blot the area with a clean, colorless cloth and then wash the carpeting, upholstery, or other soiled surface with a solution of liquid detergent, warm water, and white vinegar. Adding one-fourth cup of white vinegar per quart of water and detergent will remove the scent that tends to attract your pup back to the same spot to relieve himself again. Finish up with a cool water rinse.

Turning a breezeway into a family room

Like so many 1950s ranch-style homes, this one had small boxy rooms divided by walls with arched openings. To rework the space, homeowner Leni Joyce subtracted a few walls and enclosed a breezeway that connects the garage to the main house.



Photographs: Maris/Semel. Design: Leni Joyce, ASID. Source: Estelle Guralnick





The breezeway was enclosed by adding a pair of exterior walls; then an opening was cut between the old house and the new room. The house originally ended at the point where the piano now sits, *top left.* A half wall, just behind the piano, was built to partially separate the new family room from the rest of the house. The wall that had separated the living and dining rooms was removed, too, leaving only a stub wall and beam overhead. The change transformed the two small rooms into one flowing space and encouraged traffic flow to the family room.

The glass-doored fireplace in the family room originally faced the living room. Leni decided to reverse it to face the family room because, as she explained, "A fireplace makes more sense in an informal setting."

The new family room, *top right,* was ruggedly constructed with stuccoed walls and a quarry tile floor. Large windows on both exterior walls make this a sunny and inviting spot for conversation. The door on the far wall leads to the garage. Leni reports that it's great to be able to walk directly from the garage to the heated and insulated family room.

The front exterior of the house, *bottom left,* gives no clue of the remodeling. Identical siding and foundation plantings make the change between new and old virtually invisible.

Save $150*

on Open Hearth Bedroom and Dining Room

Sears Super Values
Sale
January 27-February 16, 1980

Open Hearth furniture reflects the comfort of an Early American home. Each piece is carefully crafted in white pine or select white pine veneer. Built for long-lasting durability with corner cleats and blocks, glued and firmly fastened with screws. Brought to a satiny glow with 26 finishing steps. Highlighting. Antiquing. Handrubbing. The result is Sears assurance of fine quality furniture, reasonably priced.

4-pc. Bedroom only $849.88

Set includes full/queen headboard, triple dresser, hutch mirror and chest. Regularly $999.95. Save $150.

5-pc. Dining Room only $549.88

Save $150* on the table with a 1¾ inch wood veneer top, 2 leaves and 4 pine and pine veneer side chairs. Save $100* on matching buffet and hutch. Buffet has brass-plated pulls and knobs. Hutch comes with adjustable shelf and plate grooves. Now only $600.

Save $20* on matching wood lamps

Base is hand-rubbed solid pine with antique brass-plated accents. Save $20* on floor lamp, now only $89.99 and table lamp, now only $59.99.

Save $10 on Federalist dinnerware only $49.99

Make dining special with white ironstone. Safe enough for dishwasher and microwave oven. Take it from oven to table to freezer. Service for 8, plus platter, 2 bowls, sugar and creamer. Regularly $59.99. You save $10 on this 46-pc. set.

**This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

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Where America shops for Value

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NEW SPRAY 'N WASH® TOP SATURATES TOUGH STAINS.

Have you discovered it yet? The handy new applicator top on the large economy size Spray 'n Wash? Just squeeze the bottle and it saturates tough stains. Drenches them with a concentrated stream of Spray 'n Wash stain-removing power. Those big, tough stains don't stand a chance! Time to refill your Trigger Sprayer? Just unscrew the cap and pour it in.

DISCOVER TODAY'S SPRAY 'N WASH.



Aerosol Trigger Refill-Applicator with new top

Texize Greenville, South Carolina 29602 Division of Morton-Norwich ©1979 MNP

Making room in the bedroom

In a small bedroom, the most practical furniture arrangement may well be the most traditional: the bed centered on an unbroken wall, flanked by nightstands and lamps. But conventional symmetry needn't be boring as these two bedrooms demonstrate.



Photograph: Ernest Braun. Design: Gerald Rodrigues, ASID. Source: Helen Heitkamp

Right: This bedroom is not only small; it's also devoid of interesting architectural detail. To create a focal point, a handsome bed upholstered in rich, dark mohair fabric was chosen. The simple balanced furniture arrangement and the monochromatic background of beige walls and carpet keep the bed from overwhelming the small room. Accessories are kept to a minimum. Lightly scaled antique tables and contemporary wall-hung lamps do the work of conventional nightstands and lamps. The leather-covered Queen Anne bench echoes the curvilinear shape of the bed and helps to pull the scheme visually together. The bench also provides a handy resting spot for a robe or extra blanket.



Photograph: Maris/Semel. Design: Joseph W. Drohan, ASID. Source: Estelle Bond Guralnick

Far right: Here's a scaled-down version of the traditional four-poster that fits beautifully into a smallish bedroom. To conserve valuable floor space, the pyramid-shaped night tables and the contemporary lamps are mounted on the walls. The top slabs of the sculptured, custom-designed bedside tables are convenient storage drawers. Fabrics for the bed treatment and frame upholstery are coordinated to unify the four-poster visually, and also play down its size.

New Kent III 100's. Experience it!

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Startlingly good taste
at only 5 mg. tar.
Quite an experience.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar," 0.6 mg. nicotine av. per cigarette by FTC Method.

Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You want to child-proof your toolbox, but you don't want to buy a padlock for it because you're afraid you'll misplace the key.

SOLUTION: Wind a spring-steel key ring through the hasp. The fingers of little children aren't strong enough to pry the ring apart, but you'll be able to remove the ring easily. You can keep the ring inside the toolbox while you're working.

J. F., Denver, Colo.

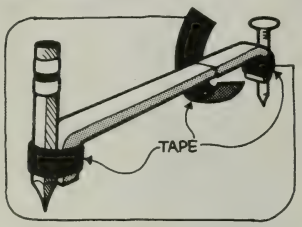
PROBLEM: The discharge from your portable dishwasher splashes all over your sink and counter top.



SOLUTION: Make a splash barrier from an old one-quart plastic bottle. Cut off the bottom as shown, then cut a few notches around the bottom edge. Chop off the top so the discharge nozzle will fit down into the bottle snugly. The suds will exit through the notches without mess.

D. H., Rochester, N.Y.

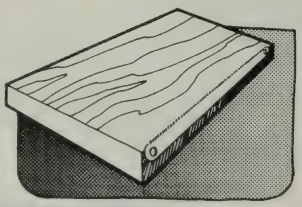
PROBLEM: To make a round tabletop, you need to draw a large circle on a sheet of plywood. A beam compass would do the trick, but a store-bought one is too expensive.



SOLUTION: Use an extension curtain rod as a beam compass. Tape a nail, as shown, on one end of the rod to serve as the pivot. Tape a pencil to the other end. Extend the rod to the length you need, and hold it in that position with a piece of tape at the point where the two sections of rod fit together. When you want a different radius, just remove the piece of tape in the middle.

Q. P., Dunbar, Pa.

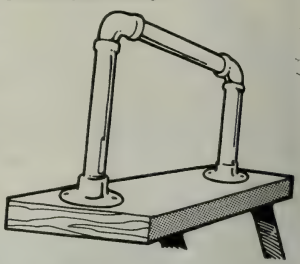
PROBLEM: You can't find sheets of sandpaper to fit your electric pad sander exactly.



SOLUTION: Trim larger sheets to size with an easy-to-make cutting board. Cut a board to the size of the sander base. Fasten a used hacksaw blade to one of the long edges of the board, tooth side up. To trim a sheet of sandpaper, hold it on the board and pull the overhanging paper down across the teeth of the blade. (It's just a heavy-duty version of the cutter on a waxed paper box.)

R. M., Blairstown, Ia.

PROBLEM: You feel unsafe standing on the step nearest the top of your wooden stepladder as you touch up the paint on your ceiling.



SOLUTION: Make a U-shaped grab bar from three ten-inch-long sections of threaded pipe, two elbows, and two flanges. Screw the flanges to the ladder top as shown. Hang on with your free hand or rest against the crosspiece to steady yourself as you paint. A paint roller tray will fit handily between the uprights.

F. S., Indianapolis, Ind.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.



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OWENS/CORNING FIBERGLAS

Margaret McMahon

idea NOTEBOOK



Print power

Country sophistication is the theme for the new "Wall-Tex Miniatures" collection of wall coverings and fabrics from Columbus Coated Fabrics. The 126 small-scale designs and 39 companion fabrics include traditional stripes and paisleys, florals, and contemporary grids. Colors are primarily dusty pastels, but there is also a good group of gutsy accent colors. Pattern and color coordination are considerable: two, three, and even four patterns often work well together. Wall coverings are $9 to $10 a roll, and fabrics are about $11 a yard. Wall-Tex is offering a full-color, 16-page decorating guide that illustrates all patterns and colors in full size. You can order the 11x14-inch brochure by sending $1 to Miniatures Guide, Columbus Coated Fabrics, Box 208, Columbus, Ohio 43215.

Poster potpourri

Have you ever wondered where to get those handsome posters you see in decorating magazines? Well, one good source is Poster Originals, and for $5 including postage you can have a catalog illustrating all their current posters. The 123-page book features works by over 100 artists including Warhol, Picasso, Steinberg, Renoir, and Bonnard. There's a smashing series of Polish circus posters, plus other groups depicting comic book heroes and Olympic events. In other words, Poster Originals offers an eclectic selection with something for everyone. The majority of posters are in the $30 range, but there are lots costing much less and some very special items priced at over $100. Also included in the catalog are various frame kits, a glossary of terms, and information on framing and preserving your posters. Poster Originals Limited, 924 Madison Ave., Dept. X, New York, N.Y. 10021.



Moonlighting chair

As fast as you can say abracadabra, this chair turns into a nifty single bed. The chair is 41 inches wide, 36 inches deep, and 29 inches high. It's part of a solid-foam, upholstered furniture group from Decorion (division of Stratford Co., Chicago, Ill.).The line also includes a sofa (which turns into a 72-inch full-size bed) and a storage ottoman. Everything is available in a selection of three fabrics: oatmeal-colored textured nylon, quilted cotton/polyester in camel or rust, and a rainbow-patterned Herculon. Soft and lightweight, these "flip outs" are truly portable extra beds. The chair is about $199, the ottoman about $75, and the sofa $279. The group is also available with wood-framed cane sides for a few more dollars.

continued

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continued

idea NOTEBOOK



Historic furniture pieces

A handsome line of furniture from our colonial past is being reproduced by Harden Furniture. The Sleepy Hollow collection consists of 13 pieces copied from antiques in three historic sites along New York's Hudson River: Van Cortlandt Manor in Croton-on-Hudson, Philipsburg Manor in North Tarrytown, and Sunnyside, the home of Washington Irving in Tarrytown. Many of the antiques were originally made in New York State, and all date from the late 17th century to the middle of the 19th century. The group includes seven tables, two dining chairs, an upholstered wing chair, a Chippendale sofa, a country cupboard, and a desk given to Irving by his publisher, G. P. Putnam. This furniture is not inexpensive, but still extremely reasonable for exact reproductions. The tall (81 inches) cupboard shown here, for instance, costs about $1,500. For the name of a store near you that carries the Collection, write Harden Furniture Co., McConnellsville, N.Y. 13401. For a color brochure describing the restorations, write Sleepy Hollow Restorations, 150 White Plains Road, Tarrytown, N.Y. 10591.

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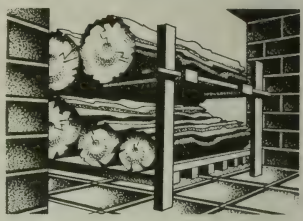


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continued

idea NOTEBOOK

A great fireplace grate



Ever since the icy winds of the energy shortage began to blow, a host of fireplace accessories have been hitting the market. One of the best of these is a two-level grate called the Texas Fireframe. It channels an amazing amount of heat from a fireplace directly into the room, without using any moving parts.

The conventional way to build a fireplace fire is to stack a pyramid of logs on a single-level grate. The most intense heat develops inside the pile. As this heat escapes, it radiates every which way, and as much as 90 percent of the valuable warmth goes straight up the chimney.

A Texas Fireframe, however, opens up the hottest part of the fire and beams heat straight out into the nearby living spaces.

To build a fire using a Texas Fireframe, you place two small logs at the front of the bottom level and a large log behind them. Then you rest one or two medium-sized logs on the adjustable upper arms. The slot between the two levels faces the room.

The top, back, and bottom of the fire are sealed off by the logs, minimizing heat loss. Since the logs roll together as they burn, the seal is maintained automatically. The result is a hot, slow-burning fire.

Four sizes, priced from $34.95 to $54.95, are available from Texas Fireframe Co., P.O. Box 3435, Austin, Texas 78764.



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Below the Grill-Range, the Jenn-Air has a conventional electric oven. Just flip a switch for a convection oven that cooks quicker and keeps meats juicier in a swirl of hot, fresh air.



For a Jenn-Air dealer near you, see the Yellow Pages, call toll free 800-428-4560, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Ind. 46226

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® The range that breathes.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

IDEA KITCHEN DESIGNED TO LAST

Page 38: Refrigerator, ovens, microwave, trash compactor, dishwashers, all small appliances—General Electric, Appliance Park, Louisville, Ky. 40225. Flooring—Bruce Hardwood Industries, 4255 LBJ Freeway, Dallas, Texas 75234. Plastic laminate counters—WilsonArt, 600 General Bruce Drive, Temple, Texas 76501. Ceramic tile counters—American Olean Tile Co., 1000 Cannon Ave., Lansdale, Pa. 19446. Sink—Elkay Mfg Co., 2222 Camden Court, Oak Brook, Ill. 60521. Round window—Webb Mfg. Inc., Conneaut, Ohio 44030. Counter insert—Corning Glass Works, Corning, N.Y. 14830.

QUICK AND EASY QUILTING

Pages 42-43: Fabric paints—Prang Fabric Paints, The American Crayon Co., 1706 Hayes Ave., Sandusky, Ohio 44870. Painting—Wally Findlay Galleries, 17 E. 57th St., N.Y., N.Y. 10022. Lamp—Phil-Mar Corp., 1100 E. 222nd St., Cleveland, Ohio 44117. Teapot, bowl, cup, and saucer—Conran's, 160 E. 54th St., N.Y., N.Y. 10022. Cat pillow, throw pillow—Mary Brooks, 225 Fifth Ave., N.Y., N.Y. 10010. Table—Inglenook, 529 Hudson St., N.Y., N.Y. 10014. Stenciled floor, lampshade fabric—James Boleach for Stencil Magic, 8 W. 19th St., N.Y., N.Y. 10011.

ADDITIONS TO ROUND OUT ANY HOUSE

Page 44: Table and chairs—Knoll International, 240 Greenwich Ave., Greenwich, Conn. 06830. Flooring—Kentile, 58 2nd Ave., Brooklyn, N.Y. 11215. Refrigerator—Sears, Sears Tower, Chicago, Ill. 60684.

Page 45: Fireplace—Richard LeDroft, 15 Columbus Circle, N.Y., N.Y. 10023. Wicker furniture—Ficks Reed, 4900 Challemar Dr., Cincinnati, Ohio 45227. Rug—Karastan Div., Fieldcrest Mills, 919 Third Ave., N.Y., N.Y. 10022. Coffee table—The Lane Co., Altavista, Va. 24517. Flooring, "Corian"—DuPont Co., Wilmington, Del. 19898. Windows—Rolscreen Co., Pella, Ia. 50219.

Page 46: Sofas and cubes—Stendig, 401 E. 62nd, N.Y., N.Y. 10021. Track lighting—Lightolier, 501 W. Walnut, Compton, Calif. 90220.

Page 47: Fireplace—Heatilator, Mt. Pleasant, Ia. 52641. Track lighting—Prescolite, 1251 Doolittle Dr., San Leandro, Calif. 94577. Flooring—Bruce Flooring, 1618 Thomas St., Memphis, Tenn. 38101.

Page 48: Wicker furniture—Tropi-Cal, 5716 Alba St., Los Angeles, Calif. 90059. Chairs—Madison Furn. Ind., Canton, Mo. 39046. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030.

COUNTRY KITCHEN IN THE SUBURBS

Page 89: Cabinets—IXL Furniture Co., Rt. 4, Elizabeth City, N.C. 27909. Flooring "Santa Cruz"—Armstrong Cork Co., Lancaster, Pa. 17604. Wallpaper on walls "Maryann"—Thomas Strahan Co., 150 Heard St., Chelsea, Mass. 02150. Wallpaper on ceiling "Portland Packet"—Thomas Strahan Co., 150 Heard St., Chelsea, Mass. 02150.

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Buying guide

SMART WAYS TO USE STUD SPACE

Page 112: Triple dresser and nightstand—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, N.C. 27360. Lamp—Abbey Lamp Co., 50 Cozine Ave., Brooklyn, N.Y. 11207.

ROOM TO GROW IN—DECORATING FOR KIDS

Page 116 (top): Shelving—Closet Maid Corp., 720 S.C. 17th St., Ocala, Fla. 32670. Stacking drawers and chair—Beylerian Ltd., 305 E. 65th St., N.Y., N.Y. 10020. Closet drape—D. Porthault from Lenore Linens, 498 Jackson St., San Francisco, Calif. 94111. (Bottom): Stacking shelf units—Beylerian Ltd. (address above).

Page 117: Storage cylinders under bed, rolling storage cart—Beylerian Ltd. (address above). Fabric for duvet cover and Roman shade—Wamsutta Mills, 111 W. 40th St., N.Y., N.Y. 10018. Pillow cases—Lenore Linens (address above). Area rugs—Regal Rugs, Inc., 819 Buckeye St., North Vernon, Ind. 47265.

Page 118 (top): Stacking storage cylinders and rolling storage cart—Beylerian Ltd. (address above). Towels in closet shelf—Fieldcrest Mills, Inc., 60 W. 40th St., N.Y., N.Y. 10018. Shelving—Closet Maid (address above).

Page 119: Brass headboard—Brass Beds of San Francisco, 1501 Solano Ave., Albany, Calif. 94797. Fabric for duvet cover and pillows—D. Porthault from Lenore Linens (address above). Stacking shelf units and drawer units under desk—Beylerian (address above). Area rugs—Regal Rugs (address above). Wire shelving on closet door—Closet Maid (address above).

Page 120: #1, Brown magazine rack—Wingmaster from Contempo Sales, 225 Fifth Ave., N.Y., N.Y. 10010. Red magazine rack—Art Et Industrie, 132 Thompson St., N.Y., N.Y. 10012. Jointed "Woodman"—Sun Glo Corp., 225 Fifth Ave., N.Y., N.Y. 10010. #2, Trundle bed, "Weatherwood"—Drexel Heritage Furnishings, Drexel, N.C. 28619. #3, Desk chairs—Workbench, 470 Park Ave. So., N.Y., N.Y. 10016.

Page 121: #4, Wire screen and rolling basket, "Robots" group—Ambienti, 792 Madison Ave., N.Y., N.Y. 10021. Backpack in basket and canvas tote bag—L. L. Bean, Inc., Freeport, Maine 04033. Clock—Howard Miller Clock Co., Zeeland, Mich. 49464. Aerial—Taylor & Ng., P.O. Box 200, Brisbane, Calif. 94005. #5, Crib-chest combination—Childcraft Juvenile Furniture, P.O. Box 444, 501 E. Market St., Salem, Ind. 47167. #6, Architect's desk, chair and lamp—Workbench (address above). Wire baskets, "Wireworks—Beylerian (address above). #7, Folding floor mat—Decorian Furniture, 666 No. Lake Shore Dr., Chicago, Ill. 60611. #8, Pine chest, "Versatility"—Stanley Furniture Co., Stanleytown, Va. 24168. #9, Tubular bed—Conran's, 145 Huguenot St., New Rochelle, N.Y. 10801. Sheets—WestPoint Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10020.

COMMON COOKING PROBLEMS SOLVED

Page 122 (back): Wire shelves—Design Source, Inc., 16 Norden Lane, Huntington Station, N.Y. 11746.

Page 123: Pie plate—Pyrex, Corning Glass Works, Corning N.Y. 14830.

Page 124 (left): Pewter bowl, "Ionic"—Wilton Armetale, Columbia, Pa. 17512.

Page 125 (bottom): Wooden trencher—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Middle): Small bowl—Nikko Ceramics, Inc., 165 Chubb Ave., Hyndhurst, N.J. 07071.

Page 128 (bottom): Quiche pan—Schiller and Asmus, 1525 Merchandise Mart, Chicago, Ill. 60654.

Page 128: Striped napkin—Now Designs, 540 Hampshire, San Francisco, Calif. 94110. (Back left): Brown-rimmed platter—Villery and Boch Tableware, Ltd., 41 Madison Ave., N.Y., N.Y. 10010. (Lower left): Nut cracker—Copoc, Inc., 230 Fifth Ave., N.Y., N.Y. 10010. (Back right): Cake plate—Mitteldorfer-Straus, Inc., 41 Madison Ave., N.Y., N.Y. 10010.

Page 129 (lower right): Cooking rack—Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102.

Page 130 (back): Oblong board—Ingrid, 5547 N. Ravenswood, Chicago, Ill. 60640. (Middle left): Plate—Block China Corp., 11 E. 26th St., N.Y., N.Y. 10010.

BUDGET CASSEROLES

Page 155: (Left)—Casserole—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Spoon, "American Colonial"—Oneida, Kenwood Station, Oneida, N.Y. 13421. Trivet—Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094. (Middle): Casserole—Rosenthal Netter, Inc., 2750 N. Broad St., Philadelphia, Pa. 19132. Board with rope handle—Kosta Boda USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. Cork trivet—Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. (Right): Spoon, "Omni"—Oneida (address above). Cutting board—Dansk Designs, Inc. Radio Circle Road, Mt. Kisco, N.Y. 10549.

PRIZE TESTED RECIPES®

Page 157 (left): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y., 14830. (Right): Cups—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.

Page 158 (far left): Cake plate—Schmid Brothers, Inc., 55 Pacella Park Dr., Randolph, Mass. 02368. (Middle left): Mixing bowls—Pyrex (address above). (Middle right): Casserole with handle—Marsh Industries, 1224 E. 28th St., Los Angeles, Calif. 90011. (Far right): Trivet—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610.



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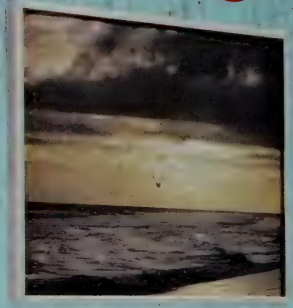
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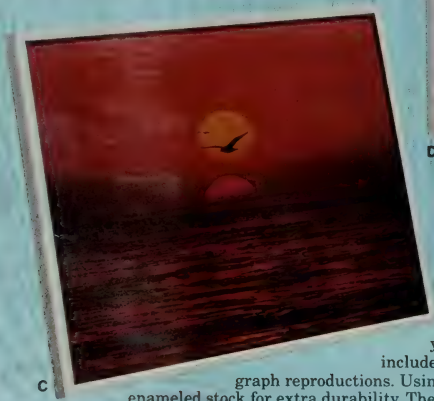
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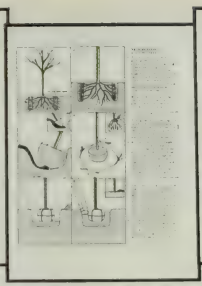
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Better Ideas for the 80's. FORD.

Kim Garretson

How to keep car repair bills in line

Some timely tips to help protect you against the number one consumer rip-off

Car repairs rank high on just about everyone's gripe list, and with good reason.

Americans currently are spending $20 billion a year for poor, needless, or fraudulent auto repairs. Who's to blame? Certainly, the auto service industry is largely responsible for not doing a better job of policing itself. But the industry says auto makers and the consumer must share the blame—the auto makers for introducing advanced technology too fast for car repair people to keep up with, and the consumer for not performing routine maintenance.

Clearly, there are no pat answers to why you're being ripped off and how to stop it. But there are steps you can take to protect yourself whenever you buy repairs. Here are some of those steps.

Know your car better

Too many consumers don't get the proper service at a fair price at the repair shop because they don't know what maintenance or repairs their cars need. If you've never taken the time to learn your car's needs, take a look at your owner's manual at your first opportunity. Most are written in easy-to-understand language, so you only have to skim the manual to pick up the important facts. But take the time to study one section—the maintenance and repair schedules. You don't have to memorize this information; just acquaint yourself with how it is presented. If there is a chart for recording work done to your car, use it. Also, place an envelope in the glove box for keeping receipts of all work done on the car (these records will be invaluable when you sell the car). Then, if your repair schedule and receipts don't support a mechanic's repair recommendations, point out the discrepancy and ask for an explanation.

If you're planning to buy a new or used car in the next year or so, now is a good time to start investigating the repair track record of the makes and models of cars you're considering. *Consumer Reports* magazine is one source for this information. Also ask your insurance agent if he or she has records on repairs for different cars, and if insurance rates are lower for cars with better repair records.

And, after buying a new car, don't put off learning the car's maintenance and repair schedules just because the car is under warranty or a service contract. Often you can find a better deal for non-covered work—like tune-ups—at a shop other than the dealer's.

Find a mechanic you can trust

Once you know your car's usual maintenance and repair needs, you must find an honest and thorough mechanic. The search may take some time and involve trial and error, querying friends and neighbors, and checking with local and state consumer agencies or your auto club.

When you're screening repair shops, ask about guarantees and mechanic certification or licensing. Providing guarantees on auto repair work is a growing trend. If you can find a local mechanic who has started this program, consider rewarding him with your business. Likewise, look with favor on a shop whose mechanics are certified by the National Institute for Automotive Service Excellence or by the mechanics training centers of the auto manufacturers. To obtain a booklet listing repair shops that employ NIASE-certified mechanics, send $1.95 to NIASE, 1825 K St., N.W., Suite 515, Washington, D.C. 20006. If you want a list only for your state, NIASE will send you that free.

Shop for major repairs

Even if you've found a good mechanic for regular repairs, comparison-shop for all major work, like body work and transmission repairs. Remember that quotations for labor charges might be derived from the controversial "flat-rate" manual containing estimates of the amount of time required to complete repairs on particular makes and models. Some consumer officials and law enforcement agencies claim that the estimates are highly inflated. Consequently, always find out if the labor charges are calculated on the flat-rate method. If so, you might want to try to bargain for lower rates based on actual labor time.

Shop for repairs on the road

A reliable "hometown" mechanic can sometimes protect you against being victimized on the road. Arrange to have your regular mechanic inspect your car before you leave on a trip. Then, if you encounter a mechanic en route who pushes repairs, ask him to call your regular mechanic and discuss the problem. Offer to have the phone call charged to your home phone or credit card. If he balks at the suggestion, take your car down the road for another diagnosis.

Some safeguards

Whenever and wherever you're shopping for car repairs, you can minimize your repair costs by following these suggestions:

- Be wary of package deals. The complete tune-up is one of the most common examples of these offers. (See: "How to know what you're getting in a tune-up," *Better Homes and Gardens*, November, 1979.) Some auto industry groups defend complete tune-ups on the grounds that it's cheaper in the long run to replace all spark plugs at the same time. But if all you really need is to have one misfiring spark plug replaced, and if your car won't be due for a tune-up in the near future, you'd probably be wasting your money

continued

continued

Car repair bills

on a complete package deal

Watch out for these other package deals, too: four new shock absorbers, "complete" brake job on all four wheels (and possibly a new master cylinder), and front-end alignment. Again, many of these packages are pushed when only part of the system is malfunctioning. Front-end jobs, for example, often include ball joint replacement, but a May, 1978, report from the National Highway Traffic Safety Administration says, "Currently, 85 percent of all ball joint replacements are apparently premature."

- Get an estimate in writing for all repair jobs. Make sure it states the nature and extent of the work being done and the projected completion date. And specify that the shop must contact you for approval when the initial estimate will be exceeded by ten percent. (If you're just asking for a diagnosis of a problem, find out how much the diagnosis will cost if you don't have the repair work done.)
- Request the return of any parts you are having replaced. This stipulation might well deter an unscrupulous operator from needlessly replacing parts or simply painting your old parts but charging you for new ones.

Can you complain with clout?

Currently, getting refunds or other settlements for needless auto repairs is difficult. The May, 1978 NHTSA report mentioned earlier says about 35 percent of faulty repairs go undetected and only 50 percent of the detected ripoffs are resolved successfully.

Always try to settle a dispute by first talking with the shop manager or owner. Make sure you have your facts straight and your records and receipts at hand to present your case clearly.

If you can't come to an agreement with a service station, tire store, or independent repair shop, your local consumer office or Better Business Bureau may be able to help. Should the dispute be with a new car dealer, contact the zone office of the manufacturer or the local or state automobile dealer association.

If you do decide to take bolder action through the courts, be aware of current laws favoring the mechanic. Among these are "mechanic's lien" laws that let a repair shop keep your car if you refuse to pay a bill, no matter how outrageous it is. Always check on your state "mechanic's lien" law before refusing to pay or starting a court action.

Promising repair programs

A few programs operated around the country by automobile dealer associations, auto manufacturers, auto clubs, and the Better Business Bureau make it easier for you to resolve complaints. But most of these programs are limited to a few communities each; prospects for nationwide implementation still are uncertain.

continued



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continued

Car repair bills

The oldest of these programs is AUTOCAP (Automotive Consumer Action Program) which is currently operated in 44 communities by dealer associations. Under AUTOCAP, one person or a panel mediates disputes between consumers and dealers over cars that are still under warranty. The major weakness of AUTOCAP, according to its critics, is the lack of binding arbitration; mediated decisions are not enforced by an outside agency. (Your local auto dealer association can tell you if there's an AUTOCAP in your city.)

Ford Motor Company and General Motors currently are sponsoring programs in selected communities to mediate disputes with their dealers. Ford Consumer Appeals Boards are operating in seven states and the District of Columbia. Each Board is a voluntary panel of three consumer representatives and a Ford dealer and Lincoln-Mercury dealer. They hear cases involving cars of any age or mileage and render decisions binding on the company and dealer, but not on the customer. The General Motors program is operating in Minnesota and three metropolitan areas. Arbitrators from the Better Business Bureau in each locale settle disputes on any GM car that has not passed its third year in service or 36,000 miles.

The Approved Auto Repair Program of the American Automobile Association is designed to head off auto repair disputes between club members and repair shops. George Giek, national director of the Program, says it's currently operating in parts of eight states and will expand into other states in 1980. Under the Program, repair shop owners may elect to have AAA inspect their personnel, equipment, shop appearance, customer services, and community reputation. Repair shops that pass the inspection and choose to participate in the Program then agree to provide AAA members with written estimates, return replaced parts, guarantee repair work for 90 days or 4,000 miles, and abide by the decision of a AAA mediator in disputes between members and the shop.

There is one program with arbitration that is binding on both the repair shop and the complainant. It's the BBB's Project Autoline, a one-year pilot program currently operating in Des Moines, Milwaukee, and Atlanta. Nine domestic and foreign automobile manufacturers and their dealers, and some auto service firms, in the test areas are cooperating in the program. Jim Young, of the Council of Better Business Bureaus, says that Project Autoline is a pilot for a nationwide program.

One of the most useful features of Project Autoline is the use of the telephone to speed the settlement of disputes. Complaints are received on a special phone line, and complainants are instructed to call a special customer representative at the dealer's or the service shop. No written complaints are necessary. The Better Business Bureau checks the progress of disputes and offers to arbitrate any that aren't quickly resolved, with the decisions being binding on both parties.

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When you buy your new GM car or truck...

LOOK

The General Motors Continuous Protection Plan offers comprehensive protection against major repair bills. But look carefully for our name. There are other repair plans available which may not offer the same protection.

COMPARE

Check out any other plan you may see. Compare it point-by-point to the GM Plan using the checklist below.

TEAR OUT

Take this page to your dealer to be absolutely sure you get the comprehensive repair protection of the genuine GM Continuous Protection Plan.

For 3 years or 36,000 miles – whichever comes first, the General Motors Continuous Protection Plan pays major repair bills for 78 components of nine major assemblies. And GM provides a car rental allowance if your car becomes inoperative requiring overnight repair for any condition covered under the GM new vehicle limited warranty – and after the warranty for failure of any components covered by the Plan. And there are other important features. Compare it with other plans and we're sure you'll choose GM peace of mind. Take any other plan you may be considering, read it carefully and fill in its coverage in the blanks on the checklist below. We don't think you'll find another repair plan that even comes close.

COMPARE THE GM CONTINUOUS PROTECTION PLAN WITH ANY OTHER REPAIR PLAN

Use this chart to check the coverage of any other repair plan you may be considering	GM Continuous Protection Plan Coverage	Other Plans Coverage (Enter YES or NO)
[illegible]	YES	
Major [illegible]		
Engine	YES	
[illegible]ssion	YES	
[illegible]	YES	
Rear W[illegible]	YES	
Steering	YES	
F[illegible] Suspension	YES	
Brakes	YES	
Electrical System	YES	
Air Conditioner	YES	
[illegible]		
Honored at over 15,000 dealers in the U.S.A. and Canada	YES	
Rental car allowance for any warranty condition requiring overnight repair due to vehicle disablement	YES	
$25 towing allowance for any reason during warranty	YES	
60-Day money-back trial offer	YES	

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It's the Action Recliner from Lane – and, boy, is it comfortable. Just prop your feet up, sit back and enjoy the big game. Of course, we could also tell you about all the special features and how durable these recliners are or about how good they look in just about any room in the house. But all we really need is for you to visit your Action recliner dealer, sink into one of these chairs, and imagine that you're watching your favorite show. And suddenly, we'll have another Action customer.

Action RECLINERS BY Lane®



For a dealer and free brochure write Action Industries, Dept. L020, Tupelo, MS 38801
In Canada, El Ran Furniture Ltd.

A guide to basic adhesives

If you break something you value, don't panic. With these basic adhesives on hand, you'll be ready to mend just about anything from a bibelot to Grandmother's favorite rocking chair.

● *White glue* (polyvinyl acetate) is a household standby that comes in a handy squeeze bottle. You'll find different forms of white glue specifically for craft projects, woodworking, and household mending jobs. All of these types are made from basically the same formula but vary in viscosity and sticking strength. White glue becomes transparent when dry, does not stain, and sets up in about six hours; curing (the time it takes the bond to reach full strength) takes 24 hours. White glue will not hold up under continual stress, and softens when exposed to water.

● *Epoxy adhesive* works on almost anything. It is extremely strong, completely waterproof, heat tolerant, and great for joining dissimilar materials or bonding uneven surfaces. Epoxy comes in two parts—a resin and a hardener—which must be mixed together in equal proportions for the hardening process to occur. Don't let the mixing scare you away; it's hard to goof up if you follow directions carefully. Epoxy components are available in two forms: liquid (in tubes) or solid (in sticks). The liquid is squeezed out in equal parts on a piece of scrap material and mixed with an ice cream stick or the like; the solid form is kneaded together until well blended. The stick form of epoxy is excellent for filling gaps; you can even repair leaking pipes with it. Setting and curing times may vary (some types are almost as quick as "instant" glue) so check the labels and be sure to wait the recommended time before using the mended article.

● *Instant glue* (cyanoacrylate) makes many small repair jobs a snap. The so-called "super" glue bonds on contact, is highly water resistant, and very strong. While you may not want to suspend steel I-beams from your ceiling with a single drop of glue (which supposedly can be done), you will discover many practical uses for this type of adhesive. Instant glue does have some drawbacks (nothing is perfect). It cannot be used on porous materials, and the surfaces to be bonded must fit together exactly. This kind of glue comes in very small packages; you only need a drop or two. And be very careful not to get any on your fingers; they could be stuck together for a long, long time.

● *Silicone sealant* is both a sealant and an adhesive. You can use the sealant right out of the tube or cartridge to repair broken tiles, glass, wood, or ceramics. You can also use it to waterproof and strengthen material, apply fabric patches, or caulk around bathtubs, windows, and sinks. Silicone sealant fills gaps readily, sets in about one hour, and is waterproof. Curing time is around 24 hours. Match the color of the sealant to whatever you're mending or caulking; it comes in clear, white, black, or silver.

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Only the Presto® popper lets you pop non-stop, as much or as little as you want. Pour in more popcorn even while popping. No waiting or measuring.

Hot air, not hot oil, explodes kernels into plump, crisp puffs of corn. No extra calories.

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Unexpected taste



5 MG. "TAR", 0.4 mg. nicotine av. per cigarette, FTC Report May 1978.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kim Garretson

Good News

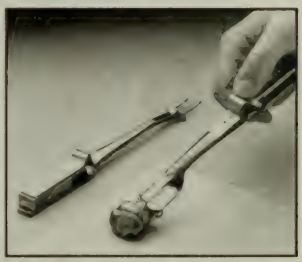
Long-playing recorder



You won't need to interrupt meetings, classes, or music programs by flipping or changing cassettes with this recorder; it can record up to 12 hours on one side of a single tape. The recorder will record and play standard tapes at normal speed, but at the flip of a switch, a long-play speed will give you the extended record/play feature on a standard cassette. Optional prerecorded tapes of popular books are available.

Norwood XLP Recorder, about $110. Prerecorded tapes, about $8 each. Cassettex Corp., 9690 Telstar Ave., El Monte, Calif. 91731.

Handy utensils



These utensils let you accomplish some of the trickiest kitchen chores with one hand. To remove sticky or messy foods—like drop cookies—from the spoon, you simply push an ejector lever with your thumb. You can use the fork to remove hot foods from the broiler, range top, or barbecue. Both tools also are nice for party buffets; guests can serve themselves with one hand while holding their plates in the other hand.

Quick Drop Ejector Spoon and Fork, about $3.80. AMG Industries, Inc., 122 N.W. 36th St., Seattle, Wash. 98107.

Spray mist humidifier



This install-it-yourself humidifier is perfect for homes that lack a large open-duct area suitable for the revolving-drum-type humidifier. You can install the fine spray misting device in the heating system in a closet, crawl space, or round duct. For power, you plug the unit into a nearby outlet, and for water, you attach the self-piercing saddle valve to a nearby pipe. The humidistat controls the level of humidity.

Good-Bye Dry Mist'r, about $80. Comfort Enterprises, 1200 Boston Post Rd., P.O. Box E, Guilford, Conn. 06437.



Superior paints and coatings

A technological breakthrough has resulted in a new family of paints and coatings that have advantages over both oil- and water-based coatings in ease of application, versatility, and durability. Tests have shown these clear coatings and paints produce harder finishes when dry than conventional varnishes and enamels do. And re-coats can be applied after only three to four hours. All of the products clean up easily with water, and there's an environmental bonus: They emit many fewer hydrocarbons because the petroleum solvent content is only 20 percent that of other oil-based paints. The key to the advantages is the products' molecular structure. In fact, the polymer resin molecules are so small they can enter wood cell walls where they expand slightly as they cure, creating a long-lasting protective coating. The surface adhesion of the products is so great that primers are not needed when the products are used on problem surfaces like metals.

Envirosol System: Clear coatings, about $3.69 (12-ounce spray can) and $9.89 (quart). Le Spray Paint, about $3.89 (12-ounce can). Le Brush Paint, about $9.39 (quart). The Flecto Company, Inc., 1000 45th St., Oakland, Calif. 94608.

continued

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**This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

Sears Where America shops for Value

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continued

GoodNews



Convection toaster

This slim-line toaster toasts by two types of heat—radiant heat from the heating elements and convection heat from a hot air updraft. The combination speeds the toasting process and produces even browning. The toaster will hold two slices of white bread or one long slice of French bread. A bottom slot that lets in air for the convection toasting also simplifies cleanup by releasing crumbs. The toaster is dark brown and white and measures 12 by six by 2½ inches.

Model #CT-2 Salton Convection Toaster (with six-foot heavy-duty cord and automatic pneumatic timer), about $35. Salton, Inc., 1260 Zerega Ave., Bronx, N.Y. 10462.

continued

Good News



Speedy shelf liner

Put aside your ruler and scissors —you can install this shelf liner without tools. A crosshatch score every quarter inch lets you trim both length and width simply by tearing along a score. Is there hardware protruding on the shelf? Just tear out a notch along the scores, and the liner will lie flat. Dampen the back of the liner before applying if you want it to adhere to the shelf.

Zip 'n Fit Shelf Liner, about $1.70 (12-inch-by-6-foot roll); about $2.50 (24-inch-by-8-foot roll), Clopay Corp., Decorative Covering Div., Clopay Sq., Cincinnati, Ohio 45214.

Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.



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Save $10* on antique brass table lamp. Fabric on vinyl
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Sears

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Where America shops for Value

Save $100 on plaid Ashcroft I sofa sleeper shown above. Only $399.88. Save $100* on matching sofa. Only $299.88.*

Give any Manhattan the crowning touch.

Seagram's 7 Dry Manhattan.
To 1 part dry vermouth add 3 parts Seagram's 7. Grace with a twist of lemon. Brilliant.



Seagram's 7 Classic Manhattan.
To 1 part sweet vermouth add 3 parts Seagram's 7 and a dash of bitters. Top off with a cherry. Tops!

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To equal parts sweet and dry vermouth add 3 parts Seagram's 7. Bright idea!

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3 different nuggets. 3 mouthwatering tastes.
Plus all the nutrition your dog needs.



For your dog's health, take your Veterinarian regularly. ©Ralston Purina Company



Buying information, page 69

Below: Michael built the wraparound plate rail and stained it to match the existing cabinets. An old-time icebox near the back door comes in handy as an extra cabinet. The patchwork tablecloth and checked curtains over the kitchen sink are Donita's handiwork.

Above: Two patterned wallpapers are used in a soft gold color, one on the ceiling and another on the walls. Note how papering the ceiling, instead of leaving it painted white, adds a cozy feeling. Tin Mexican light shades customize the usual ceiling fixtures.

KITCHENS

Country kitchen in the suburbs

Though Michael and Donita McDonald bought a shiny new house, they wanted the kitchen to be warm and cozy. Here's how they pulled it off, while keeping the builder's original cabinets and floor.

Photographs: Hopkins. Source: Maxine Schweiker





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An idea book about the window that's easiest to wash.

16 pages in full color packed with interesting examples of how the right windows can add beauty and liveability to your home. Tells how Pella Wood Windows make washing easier, cut energy costs and need no painting. Contains a helpful guide to different window types, and how each works. Describes the important things to consider in proper placement of windows. In short, it contains everything you need to know to make an intelligent decision about windows. And it's yours free!



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NEW IDEAS



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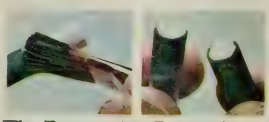
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Coping with common rashes

Rashes—those familiar skin eruptions that are often accompanied by itching—have an amazing variety of causes. The most common culprits are chemicals used around the house, on the job, and in wearing apparel, plus medicines, plants, foods, and cosmetics. Heat and fungi can cause rashes, too. Rashes also can signal a long list of illnesses that includes measles, chicken pox, scarlet fever, venereal disease, and Rocky Mountain spotted fever.

While rashes can make you uncomfortable, most clear up without leaving any permanent marks on the skin. Rashes usually appear as a scattering of tiny, flat, red dots, raised patches of variable size, scaly patches, and/or swelling or blisters. Relief for associated burning and itching can be as close at hand as a well-stocked family medicine cabinet.

If a rash covers all or most of the body, the cause probably is internal—an infectious disease or an allergic reaction to a medicine or food. If the rash is localized, suspect that it's caused by direct contact with an offending substance within the past 72 hours.

Allergy sleuthing

Allergic rashes are unpredictable: You can eat a food or use a product for years with no reaction and then suddenly become allergic to it. Start your search for the cause of an allergic rash by asking yourself where the rash first appeared, when it started, whether it developed on just one or on several parts of the body, whether it has spread, and whether anyone else you've been with has a similar rash.

Take account of what you've eaten (strawberries, fish, and shellfish are common offenders), what medicines you've taken (prime suspects are antibiotics and some sedatives), and whether you've tried any new soap, hair dye, shampoo, depilatory, or deodorant products.

Also consider whether you've worn new clothing (especially permanent-press garments), or clothing washed with a new detergent or fabric conditioner. Have you worn new leather shoes or old ones that have gotten wet? (Sometimes sweating releases chemicals from shoes that can cause a rash.) Were you exposed to new chemicals on the job, at home, or during leisure time? If you've had your ears pierced recently, you may be sensitive to nickel. The sensitivity can show up later as a rash after contact with lingerie fasteners or jewelry.

When to see the doctor

If you have a recurring rash of unknown origin, you may wish to consult a dermatologist or allergist about skin testing for allergies. The patch testing procedure involves the application of small quantities of known allergens for a fixed period of time, usually 48 hours.

A rash that's accompanied by difficulty in breathing can indicate life-threatening swelling of the breathing passages and demands an immediate trip to a hospital emergency room.

If you have a rash along with fever, headache, general flu symptoms, or an upset stomach, you need medical attention for the underlying illness. Consult a doctor, too, if the rash becomes infected (develops pus, persists for more than two weeks in spite of home treatment, or seems to be getting worse instead of better).

If the rash is accompanied by severe itching, your doctor can prescribe medications that will provide relief. Even if the rash is not causing discomfort but is in a conspicuous location—on the face, for example—you may want to see a physician.

Home remedies

Appearance aside, itching usually is the most annoying aspect of a rash. Try not to scratch, even though the temptation may be almost irresistible. Scratching increases the likelihood of infection that may cause scarring.

To relieve itching, soak a cloth in cold water or ice water and apply the cloth to the rash for a few minutes. Another way to soothe itching is to soak for half an hour in a tub of lukewarm water to which you've added either one-half cup of baking soda or one-half cup of oatmeal. (Tie the oatmeal in a stocking and hold it under the tap while the water is running.)

Calamine lotion, zinc oxide ointment, or a mild oral antihistamine that can be bought without a prescription also will help reduce itching; all are worth keeping on hand in the family medicine cabinet. Avoid local anesthetics; they may lead to an allergic reaction.

Two aspirin, taken every three or four hours for no more than three days, will reduce skin redness and ease pain and itching.

How to treat common rashes

Heat rash: Keep the area as dry as possible; apply calamine lotion and wear light, loose clothing.

Poison ivy, oak, or sumac allergy: Wash well with a mild soap. Clean any contaminated clothing, including belts and boots, as well as equipment. Use standard remedies for itching.

Dishpan hands: To minimize exposure to water, wear cotton-lined rubber gloves or thin cotton gloves under rubber or vinyl gloves for dishwashing. Use mineral oil rather than soap for cleansing hands.

Diaper rash: Change the baby's diapers when they become wet. Rinse the skin with water at each change. Expose the baby's bottom to the air as much as possible. Apply a heavy coating of zinc oxide or a similar paste to the inflamed area to form a protective barrier.

Ringworm: (This condition actually is caused by a fungus, not a worm.) Wear cotton socks and underwear, and loose outer clothing over affected areas; women should avoid wearing panty hose without a cotton shield. Use an antifungal preparation (available without a prescription). If the rash is spreading, see a physician. Ringworm can be contagious; it is essential to practice preventive hygiene to avoid infecting others.

—Lynne Lamberg

UPDATE

DON'T MIX MEDICATIONS AND ALCOHOL

An estimated 2,500 deaths and 47,000 emergency room admissions in the U.S. each year are a result of alcohol-drug interactions, most of them accidental, reports the Food and Drug Administration. Use of alcohol along with drugs is blamed for one in five drug-related accidental and suicidal deaths.

More than half of the 100 most frequently prescribed drugs contain at least one ingredient that interacts adversely with alcohol. These drugs include medications commonly used to treat colds, pain, diabetes, heart disease, high blood pressure, epilepsy, and infections. Drinking while using sedatives, hypnotics, narcotics, antidepressants, and tranquilizers also may trigger adverse reactions.

The types of adverse reactions vary considerably:

- After consuming alcohol, persons using certain anti-diabetes medications, for example, may suffer severe low blood sugar, as well as such symptoms as rapid heartbeat, pounding headache, dizziness, rapid breathing, and vomiting.
- Persons who take mild tranquilizers and also drink alcohol don't react as quickly as normally. Persons who drink alcohol the day after taking an often prescribed sleeping medication, flurazepam, may have impaired driving skills even though they believe they are driving normally.
- It takes just half the usual lethal amount of barbiturates to cause death when a person has alcohol in his or her system.

Since even a single drink may trigger problems, ask your physician or pharmacist about alcohol interactions with any prescription or drug you take, including those you buy over the counter.

REYE'S SYNDROME WARNING

Reye's (pronounced "rise") syndrome is a mysterious, often fatal, disease that strikes mainly in the winter months. The typical victim is eight years old, although persons affected can range in age from one-month-old infants to adults in their twenties.

The disorder usually follows by a few days a flu-like respiratory viral illness or chicken pox. Vomiting may begin just as the child shows signs of recovery. The child may refuse to eat and become disinterested, drowsy, or agitated. Sometimes temperature soars.

Because these early symptoms are common in many childhood illnesses, mild cases of Reye's syndrome often go unrecognized.

However, a new illness on the heels of an apparent recovery should always

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continued

Health update

be brought to the attention of a physician. While there is no cure for Reye's syndrome, early medical treatment may prevent it from progressing to coma and often death. Treatment focuses on reducing the characteristic swelling in the brain and malfunctioning of the liver.

Although 40 percent of children found to have Reye's syndrome still die from it, the great majority of the survivors recover completely, with no residual brain damage or other serious aftereffects.

"RECYCLE YOURSELF—BE AN ORGAN DONOR"

This bumper-sticker slogan spotlights the need for donors of kidneys, corneas, pituitary glands, bones, tendons, heart valves, skin, and other parts of the body.

There also is a critical shortage of persons willing to donate their bodies for use after death in training medical students and helping surgeons improve their techniques.

The need for kidney donors is particularly acute: The federal Office of End-Stage Renal Disease reports that fewer than 4,000 kidney transplants were performed in the U.S. in 1978, while 7,500 dialysis patients were listed as awaiting transplants nationwide. In all, more than 51,000 such patients are currently receiving Medicare reimbursement for treatment of irreversible kidney disease; the number is expected to reach over 75,000 by 1984.

The Uniform Anatomical Gift Act has been adopted by all 50 states and the District of Columbia. It provides that anyone 18 or over may donate all or part of his body for research, transplantation, or placement in a tissue bank. Most states now use the driver's license to identify organ donors.

If you have not completed a donor form and wish to do so, write for information on donating kidneys and other body parts from the National Kidney Foundation (Dept BH), Two Park Avenue, New York, New York 10016, or contact the local chapter of the Kidney Foundation. Inform your family of your intent; many body parts must be removed immediately after death.

NO MORE MEASLES

U.S. efforts to eliminate measles by 1982 appear to be paying off.

The total of 26,871 cases reported in 1978 represents a 53-percent drop from 1977, reports the Immunization Division of the Center for Disease Control. This is the fourth lowest total ever reported. Preliminary reports indicate that the pace of the decline continued through 1979.

Moreover, in 29 of 46 states surveyed in the fall of 1978, 90 percent or more of children entering school for the first time had been immunized against measles. During 1978, three states—New Mexico, South Dakota, and Wyoming—were free of reported measles the entire year. Forty states were free of reported measles for four or more consecutive weeks.

Measles in the U.S. today is most common in youngsters aged ten to 14. In 1977, 60 percent of all measles cases

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continued

Health update

where age was known occurred in persons over ten.

While measles is a minor disease in most children, it can lead to encephalitis, mental retardation, and even death. Measles vaccine is appropriate for most persons of any age who have not had the disease. Children who were vaccinated before 12 months of age should be revaccinated at 15 months.

FREE RECORDINGS FOR THE DISABLED

Does someone you know miss the joy of reading because of a visual or physical impairment? Then tell them about Choice Magazine Listening, a free service.

Every other month CML provides eight hours of articles, fiction, and poetry selected from more than 70 contemporary periodicals and read by professional voices onto eight-rpm phonograph records. Special record players also are provided free, on permanent loan, by the Library of Congress as part of its services for persons unable to read standard print. For information on subscribing, write: CML, Dept. BHG, P.O. Box 10, Port Washington, New York 11050, or call 516/883-8280.

HOME TESTS FOR PREGNANCY

An FDA review supports manufacturers' claims that the results of do-it-yourself pregnancy test kits are 95- to 98-percent accurate—when instructions are carefully followed. According to the FDA, such kits are "reasonably accurate for preliminary personal checkups" when used properly and when variables are taken into account.

Privacy and quick results are the principal advantages of the kits, which cost about $10 and can be purchased at a drugstore without a prescription. The kits contain all supplies and instructions needed to test urine for the presence of the hormone that appears in pregnancy.

The FDA urges, however, that users be aware of these factors that can produce inaccurate results:

- Accuracy claims are based on tests made approximately 15 days after a missed period.
- A residue of detergent or dirt in the urine container or vibration from a refrigerator can easily botch results.
- Urine should be inspected before the test. Normal urine is clear, free from particles, and has a straw-like color; a variation may give an inaccurate reading (and may indicate other medical problems needing a doctor's attention).
- A woman who gets a positive result should see a doctor to verify the diagnosis and obtain appropriate care.
- A woman who gets a negative result, but does not start menstruating within a week, should see a doctor or at least repeat the test. (A new kit is required.) If the test again is negative but her period does not start within the next week, she still should see a doctor.

IS YOUR CRAFT HAZARDOUS?

Many arts and crafts may appear to be perfectly safe, but look again. Ceramics, stained glass, furniture refinishing, printmaking, photography, textiles, plastics, and other crafts may

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For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks premoistened pads. With good reason.

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expose you to harmful materials.

Artists and hobbyists often use toxic materials unwittingly under conditions that are more hazardous than those encountered in industry, says Dr. Michael McCann, chemist and industrial hygienist at the Center of Occupational Hazards in New York City. The result can be noticeable irritation to the skin, eyes, nose, and throat—or less noticeable absorption of harmful substances through the skin, by inhaling, or by swallowing. Children are particularly vulnerable to the side effects of toxic substances.

Often such materials lack safety labeling. The reason: Bulk shipments from manufacturers frequently are repackaged by distributors into small quantities for hobbyists. In the absence of proper labeling, it's up to you to inform yourself of the potential risks of the materials you use.

One way to start is to write for the *Health Hazards Manual for Artists.* It's $3.50 plus 50 cents postage from the Art Hazards Project—Dept. BH, Center for Occupational Hazards, Inc., 5 Beekman Street, New York, New York 10038. The Center also will answer specific inquiries about crafts materials; please enclose a self-addressed, stamped envelope for your reply.

SILENCING TINNITUS

Until recently, doctors could do little for patients bothered by constant ringing, humming, hissing, or clicking in the ears—a medical condition known as tinnitus. Today, new approaches often bring relief, according to the American Tinnitus Association based in Portland, Oregon.

The typical tinnitus sufferer has some hearing loss as well, and a hearing aid sometimes introduces enough extraneous sound to mask the tinnitus. Now there's a new device, coupled with a hearing aid, that adds a noise that often successfully substitutes for the noise in the head. For persons whose hearing is otherwise normal, the masking device alone may help.

Only about one of 20 cases of tinnitus presently is curable, says Dr. Jack Vernon of the University of Oregon School of Medicine. Treatments can include surgery, switching drugs, or lowering high blood pressure. BH
—Lynne Lamberg

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Gardener's log

"Sweet flowers are slow, and seeds make haste"
—Shakespeare

Look for the first signs of spring this month, as snowdrops, crocuses, and eranthis push through the snow and open their blooms. All three should be planted in the fall, but you can look now for places to put them this autumn.

Snowdrops, or galanthus, *illustrated at top, below,* bear nodding, white, bell-shaped flowers. Plant the bulbs three inches deep and three inches apart in light shade.

Eranthis, or winter aconite, *bottom,* sends up yellow flowers on five-inch stems. It likes shade and a moist location. Plant the corms four inches deep, three inches apart.

The bulbs of gaily flowered crocuses should be planted four inches deep and three inches apart in well-drained soil. Place them under deciduous trees or shrubs if you wish; the crocuses will have finished blooming before leaves appear on their towering neighbors. Let crocus foliage die down before mowing.

• • •

Resist the urge to use salt to melt ice on sidewalks and steps. The runoff can damage lawns and other plantings. Use sand, ashes, sawdust, or cat litter instead of salt.

• • •

Want some free houseplants to beat the winter doldrums? Raid your fruit and vegetable bins and head for your potting bench. Cut off the top inch of carrots, parsnips, turnips, and rutabagas and root the cuttings in wet sand. They'll yield interesting, although short-lived, foliage plants.

Sweet potato vines may be started in water. Set a plump, firm tuber in the neck of a container or jar so that the fat end is out of the water. Let an inch or so of the lower end reach into the water. Place the jar in an east or west window and keep the water replen-

continued







Drawings: Our Gang Studios



Blood lily

Grow a bright globe of color indoors this spring by forcing a blood lily (haemanthus). Treat this African native much as you would an amaryllis. Plant a single bulb in a ten-inch pot in a mixture of peat moss and sand. The tip of the bulb should be even with the soil surface. Place the pot in a sunny window and water sparingly until growth starts. (This may take eight to ten weeks.) Then keep the soil slightly moist. The bloom should appear in about two to 2½ months after planting. It lasts a week or more.

Remove the flower after it fades; but continue watering moderately until the foliage begins to die back. Now cut back on watering and let the potted bulb rest in a cool, dry place until next January. There's no need to repot; just replace an inch or so of the soil in the top of the pot with fresh soil. About six weeks after the plant has flowered, fertilize it once or twice with a plant food that is low in nitrogen and high in potash and phosphorus.

Photograph: William Hopkins

continued

Gardener's log



ished. A bit of charcoal added to the water will keep it "sweet" and avoid rotting. Sweet potato tubers in grocery stores are often treated or cured to discourage sprouting. However, you can usually find one showing tiny "eyes" or growth points. Or, keep a tuber in storage slightly longer than usual to encourage sprouting.

To grow a new pineapple plant, start by twisting or cutting off the leafy top of the fruit. Then remove several of the lower leaves to expose part of the stem; new roots will develop here. Plant the top in a porous soil mixture. Keep water in the foliage cup and water the soil occasionally. For best results, grow your pineapple in a sunny window during the winter and in an east window over the summer months.



Before After

Prune grapes this month while the vines are still dormant. The pruning system known as the "four-arm Kniffen system," *above*, limits the plant to only four fruit-producing stems a year. Start the Kniffen system by selecting four vigorous canes close to the trellis wires and shorten them to six to ten buds each. Remove all other branches. Each season, let four new canes develop. These will produce fruit next year.

IN THE SOUTH

Plant gladiolus corms about three inches deep in clusters of five or more. Space individual corms about six inches apart. For continuous color, plant new corms every two weeks.

Prune hybrid tea, floribunda, and grandiflora roses back about one-third. If you want exhibition-size blooms in the near future, don't prune as severely. And don't prune old tea or hybrid perpetual roses except to remove dead or weak wood or to reshape the plant. Climbing roses shouldn't be pruned until after they have finished their spring blooming period.

IN THE WEST

Many popular perennials can be transplanted this month. Pansies, columbine, shasta daisies, foxglove, and canterbury bells are easily moved.

Plant strawberries while the weather is still cool and relatively moist. Give them a sunny location with rich, well-drained soil. Space plants eight to ten inches apart and keep them mulched. Choose from either June-bearers that produce one heavy crop or everbearers that produce several small crops throughout the early summer and one large crop in late summer. Pick the flowers off all June-bearing varieties the first summer. This allows them to build up strength for a good second-season harvest. You can let everbearers produce a crop their first season.

Notes On My Garden

First Week, February 1-2

Second Week, February 3-9

Third Week, February 10-16

Fourth Week, February 17-23

Fifth Week, February 24-29

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Manufacturer's suggested retail price for the table is under $700. For a brochure on small-scale dining rooms, send a dollar to Stanley Furniture, Dept. ABO, Stanleytown, Va. 24168.

GARDENING

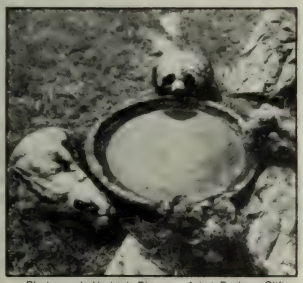
Garden surprises

Think creatively when planning your garden. In addition to choosing trees, shrubs, and other plantings, tuck in a surprise to delight visitors to your garden. Rocks were used in both the examples shown, but consider other items such as weathered wood or iron salvaged from buildings.



Photograph: Erik Carlson. Landscape: Dean duVander
Source: Patricia Carpenter

This Bedford stone finial was salvaged from Old Christ Church in St. Paul, Minnesota. Now, it restates the vertical lines of the pine trees behind it and lends height to the flower border grouping of helianthus, salvia, phlox, marigolds, begonias, and asters. Salvaged strips of Bedford stone edge the flower bed.



Photograph: Hedrich-Blessing. Artist: Barbara Clifton
Source: Estelle Bond Guralnick

Your tender plantings won't be nibbled by these whimsical animals. They're painted rocks selected for shape and color, then finished with a sealer so they can stay outside indefinitely. The cement birdbath is placed low purposely so dogs and real wildlife can quench their thirsts.

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Remember, whenever your frying pan comes out, Planters should go in.

Planters Crispy Herb Fried Chicken

Makes 4-6 Servings

½ cup flour
¼ cup fine dry bread crumbs
¼ teaspoon tarragon leaves
¼ teaspoon chives
¼ teaspoon parsley flakes
⅛ teaspoon ground black pepper
⅛ teaspoon garlic salt
1 3 to 4 pound frying chicken, cut in pieces
Planters® Oil

Mix together flour, bread crumbs, tarragon, chives, parsley, pepper, and garlic salt. Wash chicken and pat dry. Coat chicken pieces with flour mixture.

In a large frypan, heat about 1 inch Planters Oil to 400° F. Fry chicken pieces until golden brown, about 8 to 10 minutes. Turn pieces and continue frying until evenly browned and tender. Remove chicken from oil and drain.



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Cooking with sake

Looking for a new flavor fillip to spark up meals? Try adding sake to some of your favorite recipes. The subtle flavor of this Oriental rice beer enhances all types of recipes from appetizers to desserts. For starters, try our Shrimp Sake and Sake Fruit Compote.



Photograph: Dieter

SHRIMP SAKE

You can serve the shrimp, minus the rice, as an appetizer, too. Just provide wooden picks—

1 pound fresh or frozen large shrimp, peeled and cleaned

• • •

¼ cup sake
¼ cup water
3 tablespoons soy sauce
2 tablespoons sugar
1 tablespoon cooking oil
2 teaspoons dried parsley
¼ teaspoon grated fresh gingerroot
Several dashes bottled hot pepper sauce
Hot cooked rice
Parsley (optional)

Thaw shrimp, if frozen. Place shrimp in a bowl. Combine sake, water, soy sauce, sugar, cooking oil, parsley, gingerroot, and bottled hot pepper sauce. Pour over shrimp. Cover; marinate shrimp at room temperature for 45 minutes or for several hours in the refrigerator.

Preheat broiler. Drain shrimp, reserving marinade. Place shrimp on cold rack in broiler pan. Broil 5 to 6 inches from heat for 6 to 8 minutes, brushing with marinade several times. Meanwhile, heat marinade thoroughly in a saucepan. Serve shrimp and marinade over hot cooked rice. Garnish with parsley, if desired. Makes 4 servings.

SAKE FRUIT COMPOTE

This fruit mixture is ideal for a Sunday brunch or as a refreshing end to a heavy meal—

1 20-ounce can pineapple chunks (juice pack)
1 17-ounce can unpeeled apricot halves
3 tablespoons brown sugar
2 inches stick cinnamon, broken
½ cup sake

Drain pineapple and apricots, reserving juices. Set fruit aside.

In a medium saucepan combine reserved fruit juices, brown sugar, and stick cinnamon. Boil gently, uncovered, 15 minutes; remove cinnamon. Stir in pineapple chunks and apricot halves. Heat through. Stir in sake. Serve warm. Makes 6 to 8 servings.



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viewing. To accommodate a solo overnight guest, the trundle slides out from underneath; when two guests arrive, the pillows are removed from the "sofa" and both beds are put to use.



Design: Francoise Moros

In this combination guest/sitting room, two simple wooden platforms pushed together at right angles add up to space-saving banquette seating. A line-up of large-size pillows, plus smaller versions made from remnants, creates a backrest that's colorful as well as comfortable. The platforms, topped by fabric-covered foam rubber mattresses, convert quickly into twin beds for sleep-over visitors. The hand-crocheted area rug is the homeowner's adaptation of the popular granny afghan.

DECORATING

Pillow decorating

Just by tossing a pile of pillows on a seating unit, you can brighten a room with a profusion of color and create a soft setting that invites relaxation. Both of the double-duty rooms below owe much of their pizzazz to puffy pillows.

Photographs: Maris/Semel. Source: Estelle Bond Guralnick



Design: Marta MacDonald

Here a fascinating collection of pillows in all shapes, sizes, and patterns dresses up a contemporary trundle bed. The sink-into softness of the pillows makes this the family's favorite spot for everyday reading, lounging, and television

Jet-Dry can, because it works in the rinse cycle.

This glass was washed with the same detergent and Jet-Dry. Jet-Dry makes rinse water sheet off without leaving drops or spots. It comes in Liquid form for machines with dispensers. And Solid for machines without.

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A master suite retreat

Do you long for a place to escape to when your children have friends in? Your attic can become the perfect hideaway. Converting an attic is easier and less expensive than adding on, and it won't change the existing style of your home. Here's an inspirational example.



Photographs: Bill Maris. Architect: William Seales Assoc. Source: Bonnie Crone

This bright and cheery master suite was originally a dark, closed-in attic. To open it up, a dormer was bumped out from the roof; the dormer lets in plenty of light and provides extra headroom. To add architectural interest to the sloped ceiling, beams were built along the lines of the dormer and roof peak, and then painted the same light color as the ceiling and walls.

In the photo, *top right,* you can see how cozy this upstairs hideaway is. The sitting area in the space created by the dormer is ideal for reading, and the desk attached to the wall is handy for letter writing. The fireplace is as practical as it is charming; often it provides all the heat that's needed.

On the other side of the room, *below,* an elegant "sunken" tub is the perfect place for a luxurious bath before bedtime. Mirror tiles cover the wall above the tub. The linen closet, toilet, and sink are just around the corner.



This exterior view, *below,* shows the dormer bumped out from the attic. The dormer's clean lines blend well with the architectural style of the house.





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MINIATURE ROSES
Better Than Ever



Photographs: de Gennaro, Braun, Krumhardt; Sources: Pauline Graves, Barbara Cathcart

BY BEVERLY GARRETT AND STEVEN COULTER

If you think of miniature roses as puny little flowers hardly worth the bother, think again! Hybridizers have vastly improved these small beauties in recent years. In fact, flower for flower, the newer miniature roses can outbloom almost all of their full-size floribunda and hybrid tea rose cousins.

Miniature roses are exceptionally pest- and disease-resistant. Spider mites are their worst enemy, particularly if the roses are grown indoors in pots. High humidity and daily misting of the foliage will usually discourage the pesky mites from settling in.

Because the miniatures don't gobble up garden space, you can easily tuck in a few bushes and enjoy their almost-continuous color all summer.

The fully opened flower of Hula Girl, above, *resembles a camellia. Blooms measure 1¼ inches in diameter and are slightly fragrant. Like most miniatures, Hula Girl doesn't set seeds; fading flower heads simply tumble off the bush at the slightest touch. That means you won't have to spend a lot of time clipping off spent blooms.*

MINIATURE ROSES



◀ *Starina fills a small bed with its fragrant clusters of 1¾-inch blooms on 18-inch-tall bushes. The buds start quite orange with gold at the base. As the flowers mature, the colors become redder. Starina is extremely resistant to mildew and disease.*

▶ *Green Ice gets its name from the green cast that's especially noticeable just before the rose is fully open. Its spreading form makes it ideal for hanging baskets, where it will reach a width of about 18 inches and a height of eight to ten inches. Although most roses need at least six hours of sun a day, Green Ice grows best in partial shade. In fact, indirect light is necessary to maintain the clear white tone with a green tinge. So place Green Ice where other roses would pine for more light.*



◀ *Hi Ho, one of the miniature climbers, opens a wave of new blooms about every six weeks during the growing season. The color ranges from light red to deep pink, and the flowers are shaped like tiny hybrid tea roses. Hi Ho grows from five to six feet tall.*

Climbing miniature roses do best when trained upon a trellis or other support. Their ranging growth habit also makes them good candidates for hanging baskets.



You'll find a miniature rose to suit every purpose. Most varieties reach about a foot in height when mature, but there are also miniature climbers, miniature tree roses, miniatures developed for hanging baskets, and even elfin types that are full-grown at three inches tall.

You can use miniature roses everywhere: in rock gardens, in hanging baskets, in window boxes, in strawberry jars or other pots for mobile color, as edgings for flower beds, or as ground covers. They also make jewel-like houseplants, but should be grown in a sunny window.

How to grow miniature roses

Growing miniature roses is easy. Although they look dainty and delicate, they're actually remarkably hardy, and they bloom bountifully until stopped by fall frost.

Location. If at all possible, choose a spot that receives at least six hours of sun a day. Pick a well-drained area, because roses dislike soggy feet.

Planting. Space miniature roses 12 to 14 inches apart. Dig a hole 12 inches deep and 12 inches wide. Discard ⅓ of the original soil, then combine that much humus or mulch with the remaining soil. Notice the soil stain on bare root bushes and plant them one inch deeper than they were growing previously.

When planting balled bushes, do not disturb the root ball. Place the top of the ball one inch below the surface of the ground. Press soil firmly around the plant and water well. Add at least one inch of mulch to keep the soil surface cool and moist, and to discourage weeds.

MINIATURE ROSES



◀ *Prolific Little Fireball spills over at this corner of a walk. The rose's blossoming pattern copies the floribunda, with clusters of 1¼-inch flowers on each main stem. Its salmon pink color is darkest in the bud stage, and fades somewhat as the blooms open and mature.*

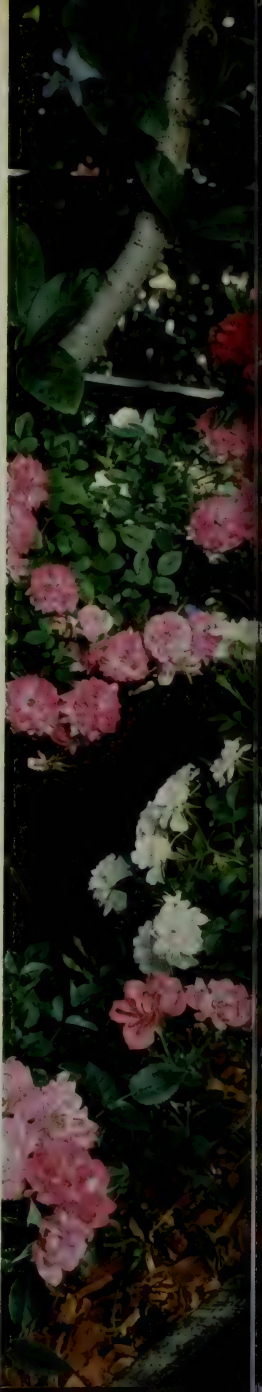
▶ *Miniature roses are used here to edge a patio. Two tiers of planters show off each bush to its best advantage. The roses are grown in pots and set into the planters. Redwood chips fill the rest of the space. This method slows the drying process—which can be a problem in hot weather with container-grown plants. A drip system of watering was installed here to provide an even supply of moisture with minimum runoff.*

Growing the roses in separate pots within the planters makes it a simple task to switch plants that have just finished a blooming period with others that haven't reached their peak yet. Or, you can switch color combinations without disturbing the whole planter.



◀ *When full-grown, miniature tree roses stand about 20 inches high. Combine them with shorter plants for vertical accents, or pot the tree roses up to beautify your deck or patio, as was done with this Golden Angel.*

To order our miniature rose collection, see page 188.





For potted bushes, pick six-inch pots for the tiny varieties and eight- or ten-inch pots for those that grow over eight inches tall. Slightly smaller pots may be used for roses that will be grown indoors. Be sure the pot has a drainage hole. Use a quick-draining potting mix, or make your own from equal parts of clean topsoil, sand or perlite, and peat moss or humus. Plant the bush so that the crown is 1½ inches below the top of the pot. Fill in with soil up to one inch from the top of the rim and firm the soil down with your hands.

Watering. Keep the soil moist, but not soggy. Soil in clay pots dries out quickly and will probably need daily watering.

Feeding. During the growing season, fertilize miniature roses growing in the ground with one tablespoon of rose food every other month. Sprinkle the fertilizer around the plant, three or four inches away from the crown, and water in well. Feed container roses less heavily. Or, you may use a time-release fertilizer.

Pruning. Little pruning is needed, except to remove dead wood and to shorten any shoot that grows too tall for the shape and scale of the plant.

Wintering. In cold areas, cover the plants with a mound of soil or use rose cones, weighted down to keep them from blowing off in gusty wind. In the spring, after the danger of killing frost has passed, remove the cones, or hose away the soil mound. Prune any dead canes down to new growth. Miniature tree roses in containers may be moved to an unheated garage for the winter.

SMART WAYS TO USE STUD SPACE

By David Haupert

When that final layer of drywall or paneling was slapped onto your wall studs, countless rows of between-stud spaces were sealed off from the rest of the house. That's an appropriate fate for some of the cavities—the ones jammed with insulation, pipes, vents, and wiring. But dozens of these little 3½-inch-deep chambers are completely empty—and ripe for exploitation.

Here are just four examples of the endless ways you can take advantage of those vacant crannies inside the walls of your house.









Sports locker (above):

...sporting ... an unused hockey ... or tennis racket can prompt you to ... a quick makeover of this bedroom ...

... wood for the top, bottom, ... back of ¼-inch ... ¾-inch plywood ... and cut a 1x2 edge ... the ... ¾-inch doors, with a ... that's flat against the ... of the unit. Add 1x3 trim to the ... edges of the frame, then add 1x3 horizontal crosspieces.

Phone helper (above):

Talking on a wall phone can pose a problem when you have to fumble for a writing surface. This tiny phone center solves the problem. Just cut a hole in the wall between two studs, build the unit to fit the opening, then slip the project in place and nail.

This unit is framed in ¾-inch pine and has a back of ¼-inch plywood. The door is ¼-inch plywood that's rabbeted and attached with self-closing hinges. Strips of cove trim make a smooth transition between the unit and the wall.

Bathroom organizer (top):

This six-foot-high project takes the pressure off your jammed medicine cabinet and crowded towel bars. And the two vertically sliding doors (one is being raised in the photo) hide the little goodies you'd rather not have on display.

Cut the top, bottom, sides, shelves, and shelf-support pieces from ¾-inch plywood. Rabbet a slot out of the front edge of the two sidepieces to accommodate the sliding doors. Make the doors out of ¼x1¾-inch lattice pieces, held together by nailers on the back side. Then assemble the unit.



Photographs: William N. Hopkins. Project designer: Gerald Knechtel. Interior designer: Brenda Shinabarger.

inserting the towel dowel as you go. Position the doors where you want them, insert short stubs of ¼-inch dowel to act as stops, and nail on the finished trim pieces (also lattice, same size). Add lattice cross-pieces (nail them directly to the edges of the shelf supports), and install the entire unit in the precut wall opening.

Three-way mirror (above):

This handy glamour gadget is a bit more complicated than the other projects, mostly because it spans two stud spaces instead of one. To prepare the wall cavity, remove the finished surface 3½ inches higher than the unit requires and cut through the middle stud at the top and bottom of the opening. Make a header to fit between the studs flanking the opening (roughly a 29-inch distance if your studs are 16 inches on center) by nailing together a sandwich of two 2x4s (flat), separated by a piece of ½-inch plywood. Next, toenail the header across the top of the opening between the two studs and support each end with a 1x4 nailed flat against the stud. Then patch the wall surface to cover the header.

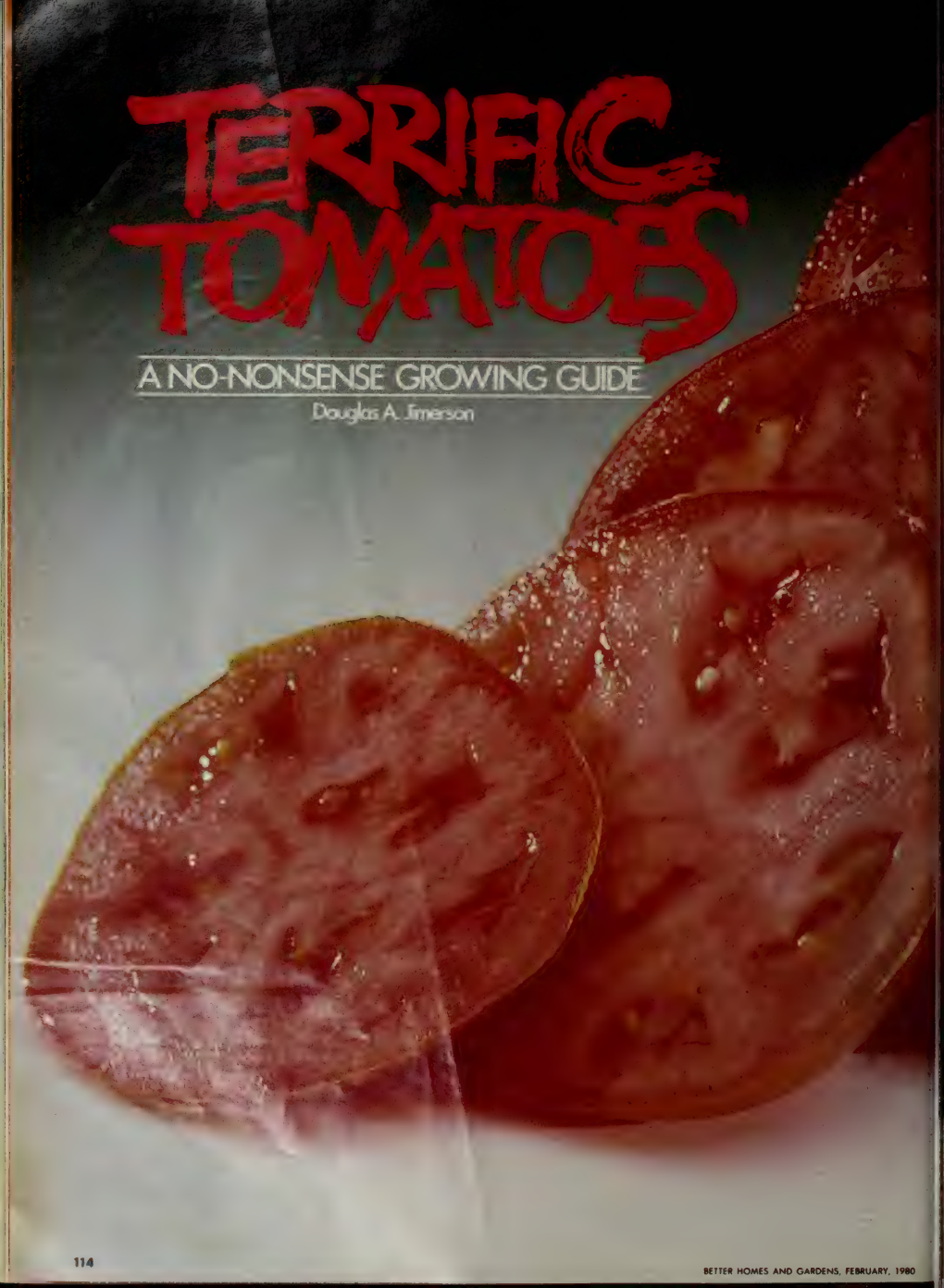
Build the frame of the unit from ½-inch plywood and nail on the 1x4 trim all around to stabilize the frame. Use 1x2s for the door frames and cut ⅜x¾-inch rabbets to accommodate a panel of ¼-inch plywood and a piece of ⅛-inch mirror. Use ¼-inch-wide screen bead to hold the door mirrors in place. Glue the large mirror into the back of the cavity (use special adhesive), paint the back edges of the frame portion of the frame-and-trim subassembly, and nail it into position. Then mount the two doors with 2½-inch butt hinges.

Buying information, page 69

TERRIFIC TOMATOES

A NO-NONSENSE GROWING GUIDE

Douglas A. Emerson





Back when tomatoes were called wolf pears or rage apples, most gardeners wouldn't grow them because the fruits were thought to be poisonous. Only the courageous would dare bite into one. Today, of course, tomatoes are known to be both safe and delicious. Plant hybridizers are constantly introducing new varieties, and the once-feared tomato has become the undisputed king of the vegetable garden. To help you get your tomato crop off to a good start this season, we've assembled some important tomato-growing basics you should keep in mind before you plant.

continued on page 184

Photograph: Mike Dieter

ROOM TO GROW IN

BY LAUREL LUND

As any parent knows, children can grow at an awesome rate. And their needs and interests can change just as quickly.

Trying to keep pace by redecorating your youngster's retreat every few years simply isn't practical. And, if you plan things right, it really isn't necessary. By choosing furniture that's both flexible and functional, and by making imaginative use of inexpensive paint and pattern, you can create a room that your child will never outgrow.

To prove our point, we've taken one 14x11-foot children's room and filled it with flexible modular furniture. Then by simply changing the color scheme and rearranging the furniture, we've created an entirely different look. The first room scheme meets the needs of a six-year-old; the other suits the interests of a 16-year-old young lady.

When you enter the room shown here, you know instantly that it is *not* an adult space. That's because the furnishings are scaled to the eye level and reach level of a six-year-old child.

Creative use of color helps scale the room to small-fry size. A mock dado of multicolored striped paint marches around the room midwall to visually lower the ceiling. Deep rose-colored walls below seem to "advance," making the room appear smaller than it is.

Ceiling-mounted light fixtures suspended on retractable cords bring lighting down to child level.

Instead of filling the room with kids' stuff, we furnished it with grown-up furniture scaled to fit pint-size needs. White modular shelf units of durable molded plastic serve as open storage when stacked, or as tables for tea parties and projects when used alone.

Plastic modular drawer units are stacked to child height in the closet to provide cubbyholes for clothes and collectibles. Accessories, too—like the giant-size clock, mirror, blackboard, and "artist's easel"—are mounted on the wall within easy reach for kids.







Throughout the room are activity centers that help a child organize his belongings according to their use.

A cleanup center, *above,* encourages tidiness and responsibility for one's own property.



Nearby is a science center where reference books and fossils and shells are stored on two-tier modular shelving.

To form a sleeping center, a twin-size mattress was placed on a grouping of cylindrical plastic storage units. Pastel candy-striped sheeting was stitched



Photographs: Fred Lyon. Design: Tony Torrice. Source: Barbara East Cathcart

into a removable comforter cover and a tailored Roman shade for the window.

On the adjacent wall, Lilliputian chairs pull up to tables stocked with kitchen utensils that help polish a child's measuring skills.

An "easel and canvas" (made from an artist's clipboard stocked with newsprint) and a ballet bar (a wall-mounted closet pole in front of an oval mirror) encourage artistic expression.

And what child's fancy wouldn't be tickled by a secret hideaway? A storage shelf in a 5x6-foot walk-in closet was extended with painted plywood board and topped with a foam slab mattress dressed in floral sheeting. The result: a pocket-size niche that's perfect for napping—or getting away from an older brother!

Buying information, page 69

DECORATING FOR KIDS



We didn't have to use any Cinderella magic to turn the toddler-age room on the previous pages into this sophisticated teen-age spot. We simply rearranged existing furniture and created a grown-up color scheme to suit the needs of a young lady.

The most notable change in the decor is a difference in scale. All of the furnishings you see here have been raised to the eye level and access level of a young adult.

Once again, we called on color to create an illusion. Rose-colored walls are repainted white to make them "recede," so the room looks larger than it is. The multistriped mock dado is replaced by a solid burgundy band that visually raises the ceiling.

To accommodate our 16-year-old's interests, we've replanned existing space. The modular shelf units that wrapped the walls of the child's room have been stacked floor to ceiling to create an entertainment center. Two army surplus sleeping bags tucked under the bottom shelf conveniently roll out to host overnight guests.

Beneath the window, which now sports white shutters in place of the Roman shade, there's a homework/hobby center. The modular drawer units used in the youngster's closet now stack to form the base of the desk. Cut-to-fit particleboard makes an inexpensive yet highly practical desk top.

The teen-age girl's interest in botany inspired the building of a "greenhouse" just outside the window. Three rubber-coated wire shelves, suspended from the eaves by hardware-store chains, support a growing plant collection. A side window flips open for easy access to the open-air "garden." Plant care manuals and potting materials are arranged on a wire shelving unit mounted on the former "art studio" door.



The loft hideaway has also grown up; it's now a "makeup center." The loft extension has disappeared, but there's still plenty of space to stash sports equipment and luggage. To create a vanity/dressing table, cut-to-fit particleboard was placed atop the white



Photographs: Fred Lyon. Design: Tony Torrice. Source: Barbara East Cathcart

cylindrical storage units that once formed the base of the little girl's bed. (Added units serve as night tables.)

In the new dressing room, wire shelving is relocated on the loft wall and raised to teen height for hanging garments. And additional shelving was mounted on the opposite wall to accommodate a young girl's growing wardrobe. Below is a white circular storage unit with slide-out trays that formerly held crayons and craft projects. Now the unit stores hair care supplies and cosmetics.

The twin bed has come out of its cozy niche and moved to center stage where it now sports a sophisticated brass headboard. The youthful candy-striped sheeting has been replaced with solid-color burgundy bed linens.

Buying information, page 69

DECORATING FOR KIDS

Instead of filling a kid's room with pint-size furniture, why not select flexible, functional pieces that can grow with your child?







1. A double-jointed "Woodman" can cut storage jobs down to size by serving as a hat rack or table. Nearby are modular magazine racks.

2. The transitional styling of this pecan-finish trundle bed fits into any decor. And the bed is functional, too. It houses two deep drawers for storage and a roll-out twin bed for guests.

3. These crayon-colored chairs sit well in any room. The adjustable seats and backs are molded to fit a child of six or 16. The bases coast on casters for maximum maneuverability.

4. For easy-to-see storage, try this wire grid screen with snap-on shelves or this wire cube on casters. The backpack and tote provide storage, too.

5. Here's a crib-and-chest combination that's perfectly at home in a nursery. As a child grows, components





Photographs: Harry Hartman; Alderman Studios; Mike Dieter









come apart to become a twin bed and a three-drawer nightstand.

6. Take the guesswork out of the where-to-do-homework dilemma with this adjustable architect's desk, roll-about filing cabinet, and clamp-on desk lamp. Wire baskets store supplies.

7. This vinyl-covered foam floor mat lets your youngster roll out the welcome mat for slumber party friends. When open, the piece serves as a bed; when buckled up, it tucks neatly away.

8. In this tambour-style pine chest, doors on the left and right open to reveal shelves and cubbyholes. Five center drawers provide additional storage.

9. Your child's bedtime story can have a happy ending when he nods off in this tubular steel frame bed. And the bunk also converts to twin beds.

Buying information, page 69

COMMON COOKING PROBLEMS SOLVED

By Doris Eby and Rosemary Hutchinson

Even accomplished cooks find some culinary procedures tricky—and from thousands of readers' letters, we know the most common bugaboos. More important, we have the solutions to those problems. Once you master our cooking techniques, you're on your way to perfect pastries, satiny puddings and pies, lumpless gravies and sauces, even-textured cakes, and creamy gelatins.

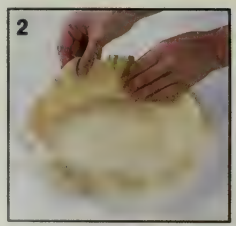
PERFECT PASTRY

Do your pie shells or other pastries shrink or break? It can happen! Whether you're making a pie, turnovers, a pastry-wrapped entrée, or a deep-dish pie *(shown clockwise, from right front)*, success is sure once you learn how to handle the dough.

DON'T PULL OR STRETCH THE PASTRY DOUGH

For easier handling, roll out the pastry on a floured pastry cloth. Work from the center of the dough to the edges, using *light* strokes with the rolling pin to keep the dough as thick at the edges as it is at the center. To prevent stretching the dough (that's what causes it to shrink as it bakes) or tearing it, place rolling pin crosswise over dough. Wrap the dough on the floured pin by lifting the cloth so that the pastry slides onto the pin and rolls around it *(photo 1)*. Transfer pastry, on pin, to pie plate or baking surface; gently unroll it.







Gently ease the pastry into the dish, or shape the pastry around a filling with your fingertips *(photo 2)*. Again, be sure to avoid stretching the dough. Don't force excess pastry into the dish either; that causes thick, tough spots.

If the pastry tears, moisten the edges with water and press them together so there'll be no splits or ragged edges *(photo 3)*.

Recipes begin on page 132.
Buying information, page 69



Photographs: Maselli-Sanders; Dieter, Food Stylist: Coena Coffee

Orange-Pear Turnovers



Cranberry-Apple Pie

COMMON COOKING PROBLEMS SOLVED

FAULTLESS GRAVIES AND SAUCES

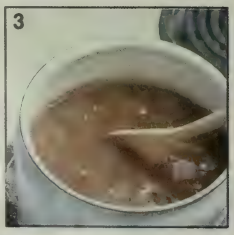
Don't let memories of past disasters make you resort to gravyless meat or unsauced vegetables. There's no magic involved in making first-rate gravy or sauce. Just follow the guidelines below the next time you cook a flavored topper for chops or steak, or prepare a saucy stew *(shown counterclockwise from lower right).* You'll also find the same ideas useful when you're thickening soups and chowders.

MIX IT UP

If you make sure the flour (or cornstarch) is thoroughly distributed in cold liquid before it's heated, you eliminate the danger of lumpy gravy. And it's easy to do. Just combine flour and cold liquid in a shaker or screw-top jar, and shake the mixture smooth *(photo 1);* or stir together cornstarch and the cold liquid. (Cornstarch has about twice the thickening power of flour, so you'll need only half as much if you're substituting in a recipe.) Then slowly add this mixture to the hot meat juices, stirring as you pour *(photo 2).* To assure even consistency and maximum thickening, you must cook the mixture, stirring it all the while, till the entire surface is bubbly *(photo 3).* Then cook and stir one to two minutes longer so you cook out any raw, starchy flavor.







If you use sour cream or yogurt instead of milk or water, stir the flour or cornstarch into the cold sour cream or yogurt first. This minimizes the danger of the hot mixture's curdling when you stir the cold mixture into it.

Recipes begin on page 132.
Buying information, page 69




Hungarian Round Steak
with Sour Cream Gravy
Pork Chops with Mushroom Gravy

COMMON COOKING PROBLEMS SOLVED

NO-FAIL PUDDINGS AND FILLINGS

Satiny puddings and delectable pies are high on almost everyone's list of favorite desserts—unfortunately, they're also high on the list of culinary troublemakers. If you're jinxed by less-than-creamy fillings for pies, layered desserts, and delicate pastries *(shown clockwise from lower right),* follow these steps. Remember the techniques, too, for egg-based soups and sauces.

ADD EGGS WITH CARE

Egg yolks add richness to the flavor of many foods, but they're important, too, for smooth texture. Adding the egg yolks is a crucial step—and it's easy to go wrong.

If you add the egg yolks too quickly to the hot pudding mixture, you'll end up with lumpy, curdled results. To be certain this doesn't happen, "warm" the eggs first. To do this, gradually blend a moderate amount (about 1 cup for 2 to 3 cups total pudding) of the hot mixture into the beaten egg yolks *(photo 1).* Immediately stir the egg yolk mixture into the remaining hot pudding in the saucepan *(photo 2).*

Finally, heat and stir the mixture to a gentle boil; cook two minutes more to be sure the egg yolks have cooked just enough to provide maximum thickening. Don't cook the mixture too long, though, or the egg yolks will lose some of their thickening strength. This can cause the pudding to become thin, especially when you're making meringue pies where the filling will be cooked further when the meringue is baked.





If your recipe calls for whole eggs instead of just the yolks, cook the mixture to a gentle boil after adding the eggs. *Do not* cook the additional two minutes. Egg whites are less stable than yolks, so heat breaks the whites down faster.

Recipes begin on page 132.
Buying information, page 69



Mandarin Cream Cones

Honey-Yogurt Parfaits



Apricot-Coconut Pie

COMMON COOKING PROBLEMS SOLVED

SUCCESSFUL CAKES

Have you ever sliced your home-baked pound or shortening cake to find two layers—one light and lovely, the other heavy and unappetizing? There's no reason to swear off cake baking in despair. Taking just a few precautions will practically guarantee a light, even-textured cake, whether it's a cupcake-sized version, a swirled ring, or a sophisticated loaf *(shown counterclockwise from lower right).* Use the same techniques to make coffee cakes, layer cakes, and fancy tortes as well.

CREAM THOROUGHLY

The first steps in making a shortening-type cake are creaming the shortening and sugar and beating in the eggs. How these steps are done can determine whether the cake is a hit or a miss.

Start with butter or other shortening that is at room temperature, then use your electric mixer to beat the butter till it's very light and fluffy. Now, *gradually* add the sugar, creaming thoroughly after each addition. Be patient: it will take about six minutes to add all of the sugar and beat the mixture to a light and fluffy consistency, almost like whipped cream *(photo 1).*

Add the eggs, one at a time, beating about one minute after each *(photo 2).* Adding the eggs all at once or skipping the beating step after each addition can cause that heavy layer, too.

To make sure the mixing is thorough, guide the mixture into the beaters with a rubber spatula *(photo 3).* Add the dry ingredients when the mixture looks fluffy, and even a little curdled.

Recipes begin on page 132
Buying information, page 69










Chocolate Swirl Cake
umpkin-Apple Cake

COMMON COOKING PROBLEMS SOLVED



MARVELOUS MOLDS

Sour cream, cream cheese, yogurt, or mayonnaise in gelatin can result in a satiny mold—or a curdled disaster. You can avoid the latter by heeding two rules. Test them out on an appetizer spread, a salad, and a main dish *(shown clockwise from lower right).*

BLEND WITH PRUDENCE

To eliminate the chance of grainy or lumpy molds, add hot gelatin slowly to sour cream, yogurt, cream cheese, or mayonnaise. Mix with a beater each time *(above)* so the hot mixture can melt the thicker ingredient. Adding a large amount of the hot gelatin, or skipping the beating step, can cause curdling.

Recipes begin on page 132.
Buying information, page 69

Corned Beef and Cabbage Salad

Frosted Liver Pâté

Germany

As close as the Campbell's Soup on your shelf.



Beef Rouladen

3 slices bacon, cut in half
1½ pounds thinly sliced round steak (¼ inch thick)
2 tablespoons Dijon mustard
3 medium dill pickles, cut in quarters lengthwise
6 medium carrots (about 1 pound), cut in quarters lengthwise
¼ cup finely chopped onion
1 can Campbell's Beefy Mushroom or Golden Mushroom Soup
½ cup chopped celery
½ cup chopped parsnips
2 tablespoons chopped parsley

In skillet, cook bacon until crisp; remove and crumble. Cut meat into 6 pieces (6x4"); pound. Spread each with 1 teaspoon mustard. Place 2 pieces of pickle and 4 pieces of carrot across the narrow end; sprinkle with 2 teaspoons onion. Starting at narrow end, roll up. Tuck in ends; fasten with toothpicks or skewers. Brown roll-ups in drippings; pour off fat. Stir in soup, celery, parsnips and parsley. Cover; cook over low heat 1 hour 15 minutes. Stir occasionally. Thin with water if desired. Serve with mashed potatoes. Garnish with bacon. Makes 6 servings.

Kartoffelsuppe (NOT SHOWN)

½ pound frankfurters or 2 knockwurst, diagonally sliced
½ cup chopped celery
¼ cup finely chopped onion
¼ teaspoon celery seed
2 tablespoons butter or margarine
2 cans Campbell's Cream of Potato Soup
1½ soup cans milk
¼ cup chopped parsley



In large saucepan, brown frankfurters and cook celery and onion with celery seed in butter until tender. Blend in soup, milk and parsley. Heat; stir occasionally. Makes about 5½ cups.

A world of good cooking brought home with Campbell's.

continued

Cooking problems solved

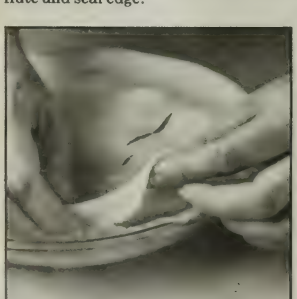
BASIC PASTRY

This recipe makes enough pastry for a double-crust pie—

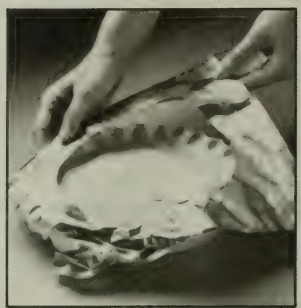
2 cups all-purpose flour
1 teaspoon salt
⅔ cup shortening *or* lard
6 to 7 tablespoons cold water

In medium mixing bowl stir together flour and salt. Cut in shortening or lard till pieces are the size of small peas. Sprinkle *1 tablespoon* water over part of mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into two balls. Use according to recipe directions or use the following directions for any two-crust pie:

On lightly floured surface flatten one ball of dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. On rolling pin, transfer pastry to 9-inch pie plate, being careful to avoid stretching pastry. Ease pastry into pie plate. Trim pastry even with rim of pie plate. For top crust, roll out second ball of dough. Cut slits for escape of steam. Place desired pie filling in pastry shell. Top with pastry for top crust. Trim top crust ½ inch beyond edge of pie plate. Fold extra pastry under bottom crust; flute and seal edge.



To prevent overbrowning, cover edge of pie with foil. Bake as directed in individual recipe. Remove foil after about half of the baking time to allow crust to brown.



CRANBERRY-APPLE PIE

A fluffy brandy topper makes this pie extra-special—

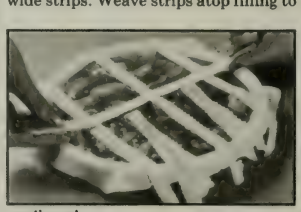
3 cups fresh *or* frozen cranberries
¾ cup apple cider *or* juice
1½ cups granulated sugar
3 tablespoons cornstarch
¼ teaspoon ground mace
2½ cups sliced peeled apple
1 recipe Basic Pastry (see recipe at left)
1 tablespoon butter *or* margarine

• • •

1 cup whipping cream
¼ cup sifted powdered sugar
2 tablespoons brandy

In a saucepan combine cranberries and apple cider or juice. Cook and stir 5 to 8 minutes or till cranberry skins pop. Combine granulated sugar, cornstarch, and mace. Stir into hot cranberries. Cook quickly, stirring constantly, till mixture thickens and bubbles. Remove from heat. Stir in apples. Set aside to cool.

Meanwhile, prepare Basic Pastry dough. On floured surface roll *half* of the pastry to a 12-inch circle. Line a 9-inch pie plate with pastry. Trim pastry to ½ inch beyond edge of pie plate. Turn cranberry mixture into pastry-lined pie plate. Dot with butter or margarine. Roll out remaining pastry to a 12-inch circle. Cut into ½-inch-wide strips. Weave strips atop filling to



continued

FRANCO-AMERICAN

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Sweepstakes #1—Waring Blendor™ (200)— speeds, glass pitcher, "Flash blend" plus 3 hand blend and store jars. *$47.95

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Official Rules

No purchase necessary

Here's how to enter:

1. On an entry form or plain piece of 3" x 5" paper, ha print your name, address and the number of t sweepstakes you wish to enter. Mail your entry in hand-addressed envelope no larger than 4⅛" x 9½" (# envelope) with a first-class postage stamp affixed Franco-American "Fast Foods At Home" Sweepstake P.O. Box 9346, Blair, Nebraska 68009.

2. Each entry must be accompanied by any two (2) ba panels from the following Franco-American Produc Beef Ravioli, Beef Raviolios, Beefy Mac, Chee Raviolios, Rotini & Meatballs, Spaghetti with Meatba Spaghetti in Meat Sauce, "SpaghettiOs" with Little Me balls or "SpaghettiOs" with Sliced Franks—or the wor FRANCO-AMERICAN hand printed on two (2) pla pieces of 3" x 5" paper.

3. IMPORTANT: TO BE ELIGIBLE FOR A PRIZE, YO MUST INDICATE THE NUMBER OF TH SWEEPSTAKES YOU WISH TO ENTER ON TH LOWER LEFT HAND CORNER OF YOUR ENVELOP Enter as often as you wish for any one or all of the nine sweepstakes, but each entry for each sweepstakes m be mailed separately. Entries must be received by A 30, 1980.

4. The Grand Prize winner will be selected in a rando drawing from among all entries received. All oth sweepstakes prizes will be awarded in random drawin from among all entries received for each of the nine sweepstakes. Random drawings will be accomplished the D. L. Blair Corporation, an independent judging ganization, whose decisions are final.

5. This sweepstakes is open to residents of the U except employees and their families of Campbell So Company, Waring Products Division of Dynamics Corp ration of America, their affiliates, subsidiaries, advertisi and promotion agencies. Sweepstakes void whe ever prohibited by law. All Federal, State and loc regulations apply. Taxes are the sole responsibility the prize winners. The odds of winning the gra prize will depend upon the number of entries r ceived; the odds of winning any other prize will d pend on the number of entries received for a speci sweepstakes. Limit one prize per family. No substit tion of prize is permitted. For a list of prize winne send a SEPARATE self-addressed, stamped e velope to: Franco-American "Fast Foods At Hom Sweepstakes, P.O. Box 6328, Blair, Nebraska 6800

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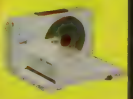
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I want to enter sweepstakes #_____. (I have written this number in the lower left-hand corner of my envelope and enclosed two (2) Franco-American "Meat Kinds" back panels or the words "Franco-American" hand printed on two (2) plain pieces of 3" x 5" paper.)

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Campbell Soup Company

COUPON EXPIRES FEBRUARY 28, 1981

TAKE THIS TO YOUR GROCER 323

10¢ 10¢

continued

Cooking problems solved

make a lattice crust; flute edge. To prevent overbrowning, cover edge of pastry with foil. Bake in 375° oven for 30 minutes. Remove foil; bake for 25 to 30 minutes more or till crust is golden. Cool pie on wire rack.

In mixer bowl beat whipping cream, powdered sugar, and brandy to soft peaks (tips curl over). To serve, spoon whipped cream mixture atop each wedge of pie.

ORANGE-PEAR TURNOVERS

Great for lunch box meals and out-of-hand snacking—

1 recipe Basic Pastry (see recipe, page 132)
¼ cup butter *or* margarine, softened
1 beaten egg
¾ cup granulated sugar
1½ teaspoons finely shredded orange peel
¼ cup orange juice
1 tablespoon butter *or* margarine
1 29-ounce can pear halves, drained and chopped
¼ cup chopped toasted pecans
Milk
1 cup sifted powdered sugar
¼ teaspoon finely shredded orange peel
Orange juice

Prepare Basic Pastry. On lightly floured surface roll half the pastry at a time to a 12-inch square. Spread each square with 2 tablespoons of the softened butter or margarine. Fold each square in thirds. Starting from short side, fold into thirds again. Wrap and chill 30 minutes.

Meanwhile, in saucepan combine egg, the granulated sugar, the 1½ teaspoons orange peel, the ¼ cup orange juice, and the 1 tablespoon butter or margarine. Cook and stir slowly over low heat till mixture thickens and bubbles. Cook and stir 2 minutes more. Remove from heat. Stir in pears and toasted pecans.

On floured surface roll each chilled pastry portion to a 15x10-inch rectangle. Cut each rectangle into six 5-inch squares. Place about ¼ cup pear mixture just off center on each pastry square. Moisten edges of pastry



with a little water. Fold each square in half diagonally; seal well by pressing with tines of fork. Place turnovers on ungreased baking sheets. Prick tops for escape of steam. Brush with milk. Bake in a 375° oven 30 to 35 minutes or till golden. Cool slightly on wire rack. Meanwhile, combine powdered sugar, the ¼ teaspoon orange peel, and enough orange juice to make a glaze of drizzling consistency. Drizzle icing over turnovers while they're still warm. Serve warm or cool. Makes 12.

LAMB LOAF EN CROÛTE

Spoon some of the elegant Tomato-Wine Sauce over each slice—

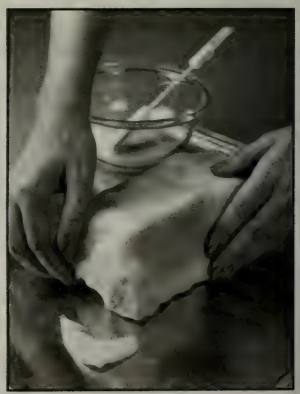
1 beaten egg
¼ cup dry white wine
¼ cup water
2 cups soft bread crumbs
¼ cup finely chopped onion
2 tablespoons snipped parsley
1½ teaspoons salt
½ teaspoon dried rosemary, crushed
1 pound ground lamb
1 pound lean ground beef
1 recipe Basic Pastry (see recipe, page 132)
1 beaten egg
1 recipe Tomato-Wine Sauce (see recipe, page 136)

In a bowl combine the first egg, the wine, and water. Stir in bread crumbs, onion, parsley, salt, and rosemary. Add meats; mix well. Pat into an 8x4x2-inch loaf pan. Bake in 350° oven for 1 hour. Drain off fat. Remove meat from pan; set aside. Increase oven temperature to 400°.

Prepare Basic Pastry. Set aside *one-fourth* of the dough. Roll half of the remaining pastry to a 9x5-inch rectangle. Transfer to baking sheet. Using two spatulas, carefully place meat loaf onto center of pastry. Turn up bottom edges of pastry, pressing against loaf. Brush outside edges of bottom pastry with some of the remaining beaten egg. Roll out second part of the remaining pastry to a 12x8-inch rectangle. Place

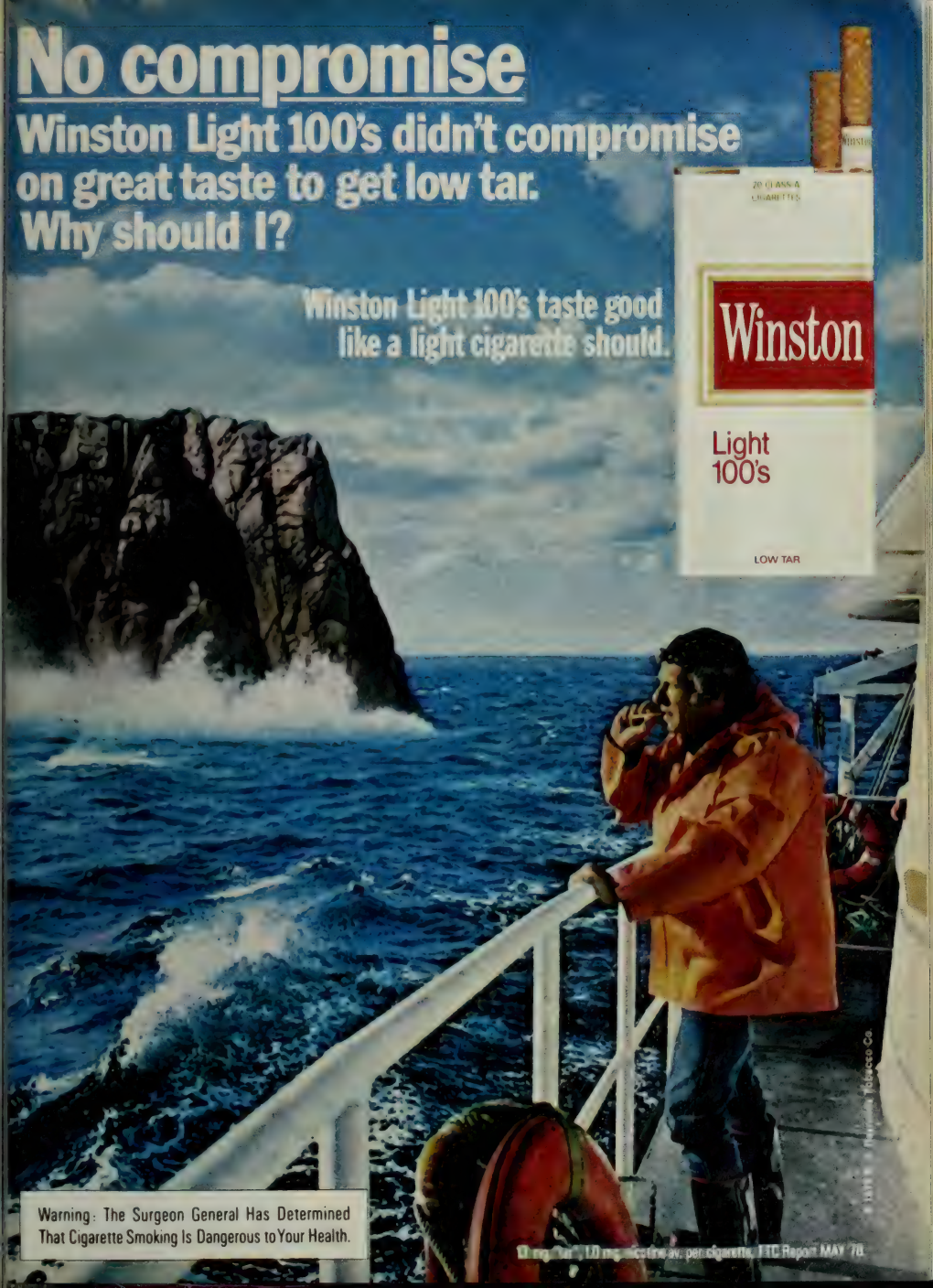


over meat. To seal, pinch top pastry to bottom. Roll out reserved pastry. Cut



into small squares and arrange atop loaf. Brush loaf and cutouts with egg. Bake in a 400° oven for 30 to 35 minutes. If desired, garnish platter with

continued


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minutes. Blend cold water into cornstarch. Stir into tomato mixture. Cook and stir till bubbly. Cook and stir 2 minutes. Add parsley. Makes 1⅓ cups.

SPINACH AND SAUSAGE DEEP-DISH PIE

Cheese and eggs add to the heartiness of this main dish—

1 pound Italian sausage links, thinly sliced
1 recipe Basic Pastry (see recipe, page 132)
1 beaten egg
1 tablespoon water

In skillet cook sausage till browned drain off fat. In a bowl combine th four beaten eggs, the spinach, mozza rella, *undrained* cottage cheese, milk salt, pepper, and garlic powder. Sti in sausage; set aside.

Prepare Basic Pastry. Set aside *one third* of the pastry. On a lightl floured surface roll remaining pastry t a 14-inch square. Transfer to an 8x8x2 inch baking pan; line with pastry. Fil

continued



Now the best word for brownies is Pillsbury

It's true. Most people prefer Pillsbury Deluxe Fudge Brownies to the other leading brands. Pillsbury blends 3 rich cocoas right into the mix for a better chocolatey taste. Try 'em and you'll agree the best word for brownies is Pillsbury.



continued

Cooking problems solved

cooked asparagus spears and cooked whole baby carrots. Slice and serve with Tomato-Wine Sauce. Makes 6 to 8 servings.

TOMATO-WINE SAUCE

½ cup sliced fresh mushrooms
2 tablespoons chopped green onion
1 tablespoon butter *or* margarine
1 8-ounce can tomatoes, cut up
¼ cup dry white wine
¼ teaspoon sugar
⅛ teaspoon salt
1 tablespoon cold water
1 tablespoon cornstarch
1 tablespoon snipped parsley

In a small saucepan cook mushrooms and onion in butter or margarine till tender but not brown. Stir in *undrained* tomatoes, dry white wine, sugar, and salt. Simmer, uncovered, 10

4 beaten eggs
1 10-ounce package frozen chopped spinach, thawed and well drained
8 ounces mozzarella cheese, shredded (2 cups)
1 cup cream-style cottage cheese
½ cup milk
½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder

"Pillsbury tastes moister and better than my Betty Crocker."





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Each day... every day. Because it's that everyday freshness that helps make the goodness of Kraft natural cheese. And because America spells cheese KRAFT.

Saucy Ham and Potato Bake

- 2 tablespoons chopped onion
- ¼ cup Parkay margarine
- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon dry mustard
- Dash of pepper
- 1½ cups milk
- 2 cups (8 ozs.) shredded Kraft natural mild cheddar cheese
- ½ lb. ham cut into ⅛-inch slices
- 6 cups cooked potato slices

Sauté onion in margarine. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly until thickened. Add 1½ cups cheese; stir until melted. Toss potatoes in cheese sauce. Pour into 2-quart casserole, reserving 1 cup potato slices. Arrange ham and remaining potato slices on top of casserole. Bake at 350°, 30 minutes. Top with remaining cheese, 6 servings.

Fresh, as if J.L. Kraft had delivered it himself.

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continued

Cooking problems solved

with sausage mixture. On floured surface roll out reserved pastry to a 12-inch square. Place atop filling, folding edges under sides of bottom crust. Seal and flute edges. Combine remaining egg with water; brush over pastry. Cut slits in top of pie for escape of steam. Cover edges of crust with foil. Bake in a 350° oven for 40 minutes. Remove foil. Bake 35 minutes more. Let stand 10 minutes before serving. Garnish with a fresh basil leaf or parsley, if desired. Makes 6 to 8 servings.

PUMPKIN-APPLE CAKES

If you like, use 2 teaspoons pumpkin pie spice in place of the cinnamon, nutmeg, cloves, and ginger—

½ cup butter *or* margarine
2 eggs
1½ cups granulated sugar
1¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon ground ginger

FAST

NOT JUST FAST

QUICKITY DIP

Treat your guests to a fast favorite. Start with a can of condensed bean with bacon soup. Mix in one 8-oz. jar of Cheez Whiz process cheese spread. Heat the mixture. You get a good fast start for entertaining—anytime.



FAST

CHA CHA CHILI

Chili goes fancy when you swirl on a quick cheesey topping. Heat your favorite chili. Top it generously with Squeez-a-Snak process cheese spread. One, two, Cha Cha Chili.



1 cup canned pumpkin
½ cup apple juice
1½ cups sifted powdered sugar
1 to 2 tablespoons milk

Bring butter or margarine and eggs to room temperature. Grease and flour ten 4-inch fluted tube pans or one 8½-inch fluted tube pan; set aside.

In large mixer bowl beat the butter or margarine till creamy and fluffy. Gradually add the granulated sugar, beating at medium speed about 6 minutes or till light and fluffy and sugar is dissolved. Add eggs, one at a time, beating about 1 minute after each; scrape the bowl frequently. Stir together the flour, baking soda, cinnamon, nutmeg, salt, cloves, and ginger. Add to creamed mixture alternately with pumpkin and apple juice, begin-



FOOD

THEY'RE KRAFT.

ROCKET RICE

Take off from ordinary rice with this quick and tasty switch. Mix two cups of hot cooked rice with one tablespoon of margarine. Then blend in one half cup of regular or pimento Cheez Whiz process cheese spread. You're ready for high-flying flavor—fast.



sugar is dissolved. Add eggs, one at a time, beating about 1 minute after each; scrape the bowl frequently. Stir together the flour, baking powder, baking soda, and salt. Add to creamed mixture alternately with milk and vanilla, beginning and ending with flour mixture. Beat just till thoroughly blended. Set aside 2 *cups* of the batter. Turn remaining batter into prepared pan. Add chocolate-flavored syrup to reserved batter. Pour over batter in pan. Using a narrow spatula, gently swirl through batter to marble. Bake in a 350° oven for 60 to 65 minutes or till cake tests done. Cool in pan 10 to 15 minutes. Turn out onto wire rack. Cool completely. Frost top and sides with Chocolate Buttercream Frosting. Press chocolate stars around bottom of cake, if desired.



CHOCOLATE BUTTERCREAM FROSTING

6 tablespoons butter *or* margarine

continued

ning and ending with flour. Beat just till thoroughly blended. Turn batter into prepared pans, filling small pans about ⅔ full. Bake in 350° oven 25 minutes for individual pans or 45 minutes for large pan. Cool 10 to 15 minutes; turn out onto wire rack. Cool completely.

Stir together powdered sugar and enough of the milk to make a glaze of drizzling consistency; spoon over the cooled cakes. Makes 10 small cakes or 1 large cake.

CHOCOLATE SWIRL CAKE

Here's old-fashioned pound cake flavor at its very best—

1 cup butter *or* margarine
3 eggs
1¾ cups sugar
3 cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1¼ cups milk
½ teaspoon vanilla
¾ cup chocolate-flavored syrup
1 recipe Chocolate Buttercream Frosting (see recipe at right, above)
Milk chocolate stars (optional)

Bring butter or margarine and eggs to room temperature. Grease and flour a 10-inch tube pan; set aside.

In large mixer bowl beat the butter or margarine till creamy and fluffy. Gradually add the sugar, beating at medium speed about 6 minutes or till light and fluffy and

FOOD

GO GO GRILL

Give a great new twist to grilled sandwiches. Make them with Old English process cheese spread from Kraft and slices of canned luncheon meat. Spread the bread with margarine and grill. In a minute, you've got good eating everybody will go for.



Oh the lovely nutty things you can do with Diamond Walnuts.



Crunchy Diamond Walnuts, sticky syrup and a fragrant yeast dough give these old favorites a delicious new twist.

Walnut Sticky Buns

1 env. active dry yeast
2 Tbsp. warm water
¼ cup boiling hot milk
⅓ cup granulated sugar
3 Tbsp. shortening
½ tsp. salt
1 large egg
2 cups sifted all-purpose flour
1 tsp. grated lemon peel
½ tsp. ground ginger
Walnut Pan Coat
1 Tbsp. melted butter
½ cup chopped Diamond Walnuts
¼ tsp. cinnamon

Sprinkle yeast over warm water; let stand 5 min. to soften. Meanwhile, stir hot milk, ¼ cup sugar, shortening and salt together. When lukewarm, add egg, 1½ cups flour, lemon peel, ginger and yeast. Beat on mixer at medium speed 2 min. Stir in remaining ½ cup flour to make moderately soft dough. Knead a few seconds to smooth out and round up dough. Cover; let rise in warm place until doubled, 1 to 1½ hours. Prepare Walnut Pan Coat. When dough has risen, turn out onto floured board; roll out to an 8 x 12-in. rectangle. Spread with butter; sprinkle with ½ cup walnuts and remaining ¼ cup sugar mixed with cinnamon. Roll tightly, starting from long side of dough. Cut in 1-in. slices. Arrange cut-side down in prepared pan, placing 3 rolls in center, 9 around edges. Let rise until doubled, 40 to 50 min. Bake 375°F about 25 min., until browned and baked through. Loosen edges; invert over plate. Let pan rest on rolls 1 min. so syrup drains. Serve warm. Makes 12 rolls.

Walnut Pan Coat: Melt ¼ cup butter in small saucepan. Add ½ cup brown sugar, packed, 2 Tbsp. dark corn syrup and 1 Tbsp. water. Stir over moderate heat until mixture reaches simmering, and sugar dissolves. Pour into 9-in. layer cake pan; sprinkle with ½ cup large pieces Diamond Walnuts.

continued

Cooking problems solved

1 16-ounce package powdered sugar, sifted (4¾ cups)
¼ cup unsweetened cocoa powder
⅓ cup crème de cacao
2 to 3 tablespoons milk

In mixer bowl cream butter or margarine till light and fluffy. Gradually add about *half* of the sifted powdered sugar and the cocoa powder, beating well. Beat in crème de cacao. Gradually add the remaining powdered sugar, beating constantly. Beat in enough milk to make frosting of spreading consistency.

LEMON-FILBERT POUND CAKE

Because of the high ratio of sugar and egg to shortening, you'll need to cream the butter and sugar longer than usual, about 13 minutes—

1 cup butter *or* margarine
6 eggs
2¾ cups granulated sugar
3 cups all-purpose flour
½ teaspoon salt
¼ teaspoon baking soda
1 cup lemon yogurt
½ teaspoon vanilla
½ teaspoon finely shredded lemon peel
½ cup chopped filberts
Sifted powdered sugar

Bring butter or margarine and eggs to room temperature. Grease and flour the bottom and sides of two 8x4x2-inch loaf pans; set aside.

In large mixer bowl beat the butter or margarine at medium speed of electric mixer till creamy and fluffy. Gradually add the granulated sugar, beating at medium speed about 13 minutes or till light and fluffy and sugar is dissolved. Add eggs, one at a time, beating about 1 minute after each; scrape the bowl frequently. Beat 2 minutes more. Stir together the flour, salt, and baking soda. Combine yogurt, vanilla, and lemon peel; add flour mixture to creamed mixture alternately with yogurt mixture, beginning and ending with flour mixture. Beat just till thoroughly blended. Fold in nuts.

continued

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continued

Cooking problems solved

Spread batter in prepared pans. Bake in a 325° oven for 1¼ to 1½ hours. Cool in pans 10 to 15 minutes; remove from pans. Cool on wire rack. Sprinkle with powdered sugar before serving. Makes 2 loaves.

PORK CHOPS WITH MUSHROOM GRAVY

If you like, use four ¾-inch-thick pork chops; simmer them 20 to 25 minutes—

4 pork chops, cut 1¼ inches thick (about 2¼ to 2½ pounds)
2 tablespoons cooking oil
1 cup sliced fresh mushrooms
¼ cup chopped onion
Salt and pepper
⅓ cup chicken broth
¾ teaspoon Worcestershire sauce
½ teaspoon dried tarragon, crushed
¼ teaspoon salt
¼ cup cold water
2 tablespoons all-purpose flour *or* 1 tablespoon cornstarch
1 tablespoon snipped chives

In a 12-inch skillet brown pork chops on one side in hot oil. Turn; add mushrooms and onion and brown on second side. Season with salt and pepper. Add chicken broth, Worcestershire sauce, tarragon, and the ¼ teaspoon salt. Cover and simmer 35 to 40 minutes. Remove chops to serving platter; keep warm. Spoon fat from juices. Measure vegetable-juice mixture, reserving 1¼ cups. Place reserved juices in skillet. Combine cold water and flour. Stir into juices in skillet; add chives. Cook and stir till thickened and bubbly. Cook 2 minutes more. Spoon some of gravy over chops; sprinkle with additional chives, if desired. Pass remaining gravy. Garnish platter with cherry tomatoes, if desired. Makes 4 servings.

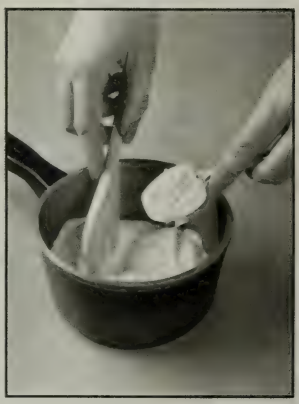
HUNGARIAN ROUND STEAK WITH SOUR CREAM GRAVY

Capers spice up the rich gravy—

2 pounds beef round steak, cut ¾ inch thick
2 tablespoons cooking oil
Salt and pepper
3 medium carrots, bias-cut in 2-inch pieces
2 medium parsnips, peeled and cut in 3-inch strips
½ cup sliced celery
1 cup boiling water
1 teaspoon instant beef bouillon granules
½ teaspoon salt
Dash pepper
3 tablespoons all-purpose flour *or* 4 teaspoons cornstarch
1 cup dairy sour cream
2 tablespoons capers, drained
Paprika

Cut steak into serving-size pieces. In 12-inch skillet brown meat on both sides in hot oil. Season with salt and pepper. Transfer steak to a 12x7x2-inch baking dish. Top with carrots, parsnips, and celery. Combine boiling water, bouillon granules, salt, and pepper. Pour over steak and vegetables. Bake, covered, in a 350° oven for 1 to 1¼ hours. Remove meat and vegetables to platter; keep warm.

Measure pan juices; add water, if necessary, to make 1 cup liquid. In a saucepan blend flour or cornstarch into



sour cream. Stir in the 1 cup juices and capers. Cook and stir till bubbly. Cook 2 minutes more. Serve over steak and vegetables. Sprinkle with paprika. Makes 6 servings.

MEATBALL STEW

Another time try this allspice-seasoned stew with red wine—

1 beaten egg
2 tablespoons milk
¾ cup soft bread crumbs (1 slice bread)
½ cup finely chopped onion
1 teaspoon salt
½ teaspoon ground allspice
¼ teaspoon garlic powder
¼ teaspoon pepper
1½ pounds ground beef
1½ cups water
1 cup dry white wine
1 teaspoon instant beef bouillon granules
½ teaspoon salt
⅛ teaspoon pepper
3 medium sweet potatoes, cut up
1 16-ounce can stewed onions
1 10-ounce package frozen cut green beans
½ cup cold water
⅓ cup all-purpose flour *or* 3 tablespoons cornstarch
Kitchen Bouquet (optional)

In a bowl combine egg, milk, bread crumbs, onion, the 1 teaspoon salt, the allspice, garlic powder, and the ¼ teaspoon pepper. Add ground beef; mix well. Shape into 24 meatballs. Brown half of the meatballs at a time in a 4½-quart Dutch oven. Drain off fat. Return all meatballs to Dutch oven. Add the 1½ cups water, the wine, bouillon granules, the ¼ teaspoon salt, and the ⅛ teaspoon pepper. Bring to boiling. Add sweet potatoes. Cover; simmer 25 minutes. Add onions and green beans; return to boiling. Reduce heat and simmer 10 minutes more. Combine the cold water and flour or cornstarch. Add to Dutch oven with a few drops Kitchen Bouquet, if desired. Cook and stir till thickened and bubbly. Cook 2 minutes more. Garnish with parsley, if desired. Serves 6.

APRICOT-COCONUT PIE

Pastry for one-crust pie
¾ cup sugar
½ cup all-purpose flour *or* ¼ cup cornstarch
¼ teaspoon salt
1 16-ounce can apricot halves
1¾ cups milk
4 beaten egg yolks
1 tablespoon butter *or* margarine
½ teaspoon vanilla
½ cup flaked coconut
4 egg whites
½ teaspoon cream of tartar
½ teaspoon vanilla

continued

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continued

Cooking problems solved

½ cup sugar
Flaked coconut

Prepare and roll out pastry to form a circle about 13 inches in diameter. Line a 10-inch quiche pan or a 9-inch pie plate with pastry. Trim pastry to edge of quiche pan (trim ½ inch beyond edge for pie plate. Turn crust under and flute edge.) Prick pastry. Bake in 450° oven for 10 to 12 minutes. Cool on wire rack.

For filling: In a saucepan combine the ¾ cup sugar, the flour or cornstarch, and salt. In blender container or food processor place *undrained* apricots; cover. Blend till smooth. Stir apricot puree and milk into sugar mixture. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Gradually stir *1 cup* of the hot mixture into yolks. Return to hot mixture in saucepan. Heat to gentle boil; cook and stir 2 minutes more. Remove from heat; stir in butter or margarine and the first ½ teaspoon vanilla. Fold in coconut. Turn hot cream filling into baked pastry shell.

In mixer bowl beat egg whites, cream of tartar, and the remaining vanilla at medium speed of electric mixer till soft peaks form (tips curl over). Gradually add the ½ cup sugar, 1 tablespoon at a time, beating at high speed of electric mixer till stiff peaks form (tips stand straight) and sugar is dissolved. Immediately spread meringue over pie, carefully sealing to edge of pastry. Sprinkle additional coconut over meringue. Bake in 350° oven for 12 to 15 minutes or till golden. Cool on wire rack. Cover; chill to store.

HONEY-YOGURT PARFAITS

We pictured the parfaits with fresh papaya, pears, and grapes, but you can also use drained canned fruits—

1½ teaspoons cornstarch
¼ teaspoon salt
½ cup honey
3 tablespoons lemon juice
2 beaten egg yolks
1 8-ounce carton (1 cup) lemon, orange, peach, pineapple *or* plain yogurt
1 cup whipping cream
Granola
Fresh fruit, cut in bite-sized pieces

In a saucepan combine cornstarch and salt; blend in honey and lemon juice. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Gradually stir *¼ cup* of the hot mixture into egg yolks. Return to remaining hot mixture in saucepan. Heat to gentle boil; cook and stir 2 minutes more. Remove from heat. Blend hot mixture into yogurt. Cool, stirring occasionally. Whip cream to soft peaks (tips curl over). Fold into yogurt mixture. Chill.

To assemble parfaits, layer yogurt mixture, granola, and fruit in sherbets or parfait glasses, ending with granola mixture. Garnish with fresh mint leaves, if desired. Makes 6.

MANDARIN CREAM CONES

Make the brandy cones and the pudding filling ahead of time, then just

Stir 'n Frost is the right size cake for after school.

When you've got a taste for a frosted cake, but a big cake is more than you need, you need Stir 'n Frost.® Stir 'n Frost comes complete with cake mix, frosting, even its own 5"x7" pan. (Great in microwave ovens, too.)





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fill the cones to serve—

- ½ cup packed brown sugar
- 6 tablespoons butter *or* margarine, melted
- ¼ cup light molasses
- 1 tablespoon brandy
- ¾ cup all-purpose flour
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ⅛ teaspoon salt

• • •

- ⅔ cup granulated sugar
- ¼ cup all-purpose flour *or* 2 tablespoons cornstarch
- ⅛ teaspoon salt
- 1½ cups milk
- 2 beaten egg yolks
- 1 tablespoon orange liqueur
- 1 tablespoon butter *or* margarine
- 1 teaspoon vanilla
- 1 11-ounce can mandarin orange sections, drained and chilled

In a mixing bowl combine brown sugar, the 6 tablespoons melted butter or margarine, the molasses, and brandy; mix well. Stir together the ¾ cup flour, the ginger, nutmeg, and the first ⅛ teaspoon salt. Blend in brown sugar mixture. Drop level tablespoons of batter 6 inches apart on an ungreased cookie sheet. (Bake only 3 or 4 cookies at a time.) Bake in 350° oven for 6 to 7 minutes. Cool 2 minutes on baking sheet; remove with wide spatula. *Immediately* roll each cookie to form a cone. (For uniform size, use a metal cone for shaping. If cookies harden before rolling, reheat in oven for 30 seconds.) Cool thoroughly.





Repeat with remaining batter. Store in an airtight container.

In saucepan combine the ⅔ cup granulated sugar, the remaining flour or cornstarch, and the remaining salt. Blend in milk. Cook and stir till mixture is thickened and bubbly. Cook and stir 2 minutes more. Gradually stir *1 cup* of the hot mixture into yolks.

continued on page 148

Snackin' Cake has a recipe for banana nut bread nuts.



Betty Crocker

Snackin' Cake®
Nutty Good Banana Bread

Heat oven to 350°. Grease bottom only of loaf pan, 9x5x3 or 8½x4½x2½ inches. Prepare 1 package Betty Crocker® Snackin' Cake® banana walnut cake mix as directed except – mix in bowl. Stir in ½ cup Gold Medal® all-purpose flour and 1 egg with the water. Pour into pan. Bake until wooden pick inserted in center comes out clean, 40 to 60 minutes. Cool 10 minutes; remove from pan.

High Altitude Directions (3500 to 6500 feet): Heat oven to 375°. Increase flour to ⅔ cup and water to 1 cup plus 2 tablespoons.

Try with Betty Crocker Snackin' Cake applesauce raisin or date nut cake mix.

® Reg. T.M. of General Mills, Inc.

This delicious Snackin' Cake recipe bakes up easy for all the banana bread nuts in your family.

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▲ Broccoli with Hollandaise Sauce



▲ Mixed Vegetables with Onion Sauce



▲ Cauliflower with Cheese Sauce



▲ Green Peas and Potatoes with Cream Sauce



▲ French Green Beans with Toasted Almonds

▼ Broccoli with Cheese Sauce





▲ Green Peas and Pearl Onions ▼ French Green Beans with Mushrooms

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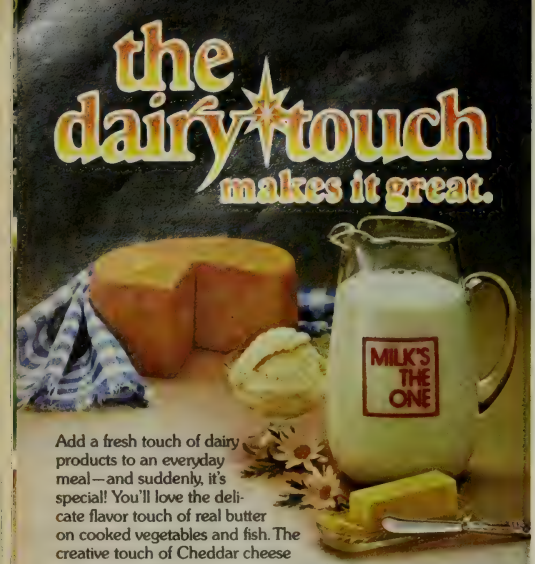
BIRDS EYE®

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Add a fresh touch of dairy products to an everyday meal—and suddenly, it's special! You'll love the delicate flavor touch of real butter on cooked vegetables and fish. The creative touch of Cheddar cheese on baked potatoes. The crowning touch of delicious ice cream for dessert. And remember: ice cold milk adds a little magic to any meal. Try the tempting recipes on these pages soon. Or dream up some new dairy touches of your own!

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¼ teaspoon salt
¼ teaspoon pepper
¼ cup finely chopped celery
1 4-ounce container whipped cream cheese
Hard-cooked egg slices
Mini bagels *or* assorted crackers

In skillet cook livers in butter or margarine about 5 minutes or till livers are browned but centers are still pink. Put livers and eggs through fine blade of food grinder or use food processor; set aside.

In a heatproof glass measuring cup combine water, gelatin, and bouillon granules. Let stand 5 minutes to soften. Place cup in a saucepan of hot water. Heat and stir till gelatin and bouillon are dissolved. Gradually blend into yogurt in mixing bowl. Stir in sherry, Worcestershire sauce, onion, basil, salt, and pepper. Fold in liver-egg mixture and celery. Turn into a 3½- to 4-cup mold or mixing bowl. Cover; chill till firm. To serve, unmold. In a small bowl stir cream cheese to soften. Frost mold with cheese. Garnish with sliced egg and celery leaves, if desired. Serve with mini bagels or assorted crackers. Makes 3½ cups.

SUNSHINE APPLE MOLD

1 3-ounce package cream cheese, softened
2 tablespoons honey
¼ teaspoon ground ginger
1¾ cups apple cider *or* juice
1 3-ounce package lemon-flavored gelatin
1 large apple, sliced (1 cup)

continued from page 145

Cooking problems solved

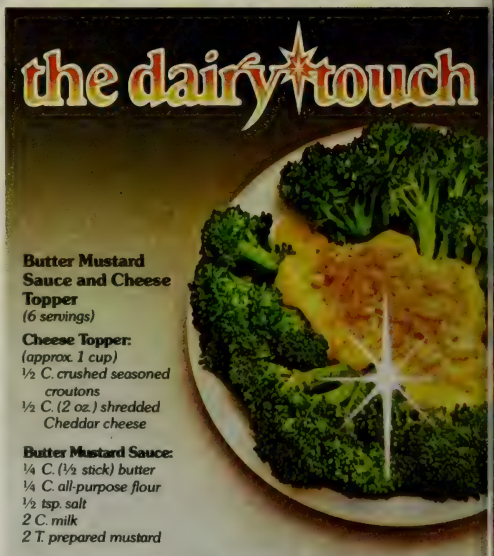
Return to remaining hot mixture in saucepan. Heat to gentle boil; cook and stir 2 minutes more. Remove from heat. Stir in liqueur, the remaining butter or margarine, and the vanilla. Cover surface with clear plastic wrap; cool, then chill.

To serve, spoon some of the pudding into each cone. Garnish each cone with one or two orange sections. Serve at once. Makes about 20.

FROSTED LIVER PÂTÉ

This sophisticated appetizer spread is equally good with mini bagels or crackers—

1 pound chicken livers
2 tablespoons butter *or* margarine
2 hard-cooked eggs
½ cup cold water
1 envelope unflavored gelatin
1 teaspoon instant beef bouillon granules
1 8-ounce carton plain yogurt
¼ cup dry sherry
1 tablespoon Worcestershire sauce
1 teaspoon minced dried onion
½ teaspoon dried basil, crushed



Butter Mustard Sauce and Cheese Topper
(6 servings)

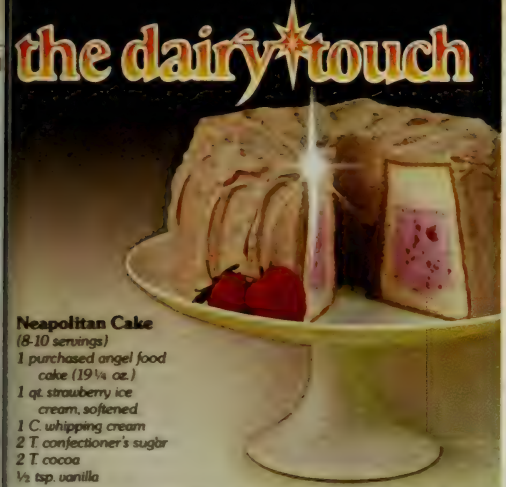
Cheese Topper:
(approx. 1 cup)
½ C. crushed seasoned croutons
½ C. (2 oz.) shredded Cheddar cheese

Butter Mustard Sauce:
¼ C. (½ stick) butter
¼ C. all-purpose flour
½ tsp. salt
2 C. milk
2 T. prepared mustard

Combine croutons and cheese; set aside. Melt butter in small saucepan. Blend in flour and salt until smooth. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mustard. Spoon over hot, cooked broccoli or other green vegetable. Sprinkle with cheese topper.

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Butter makes it great.



Neapolitan Cake
(8-10 servings)
1 purchased angel food cake (19¼ oz.)
1 qt. strawberry ice cream, softened
1 C. whipping cream
2 T. confectioner's sugar
2 T. cocoa
½ tsp. vanilla

Slice top from cake about 1-inch down; set aside. Hollow out cake, leaving 1-inch base and sides. Place in freezer for 1 hour. Spoon ice cream into cavity. Replace top; press down gently. Wrap; freeze several hours. To serve, combine whipping cream, sugar and cocoa; chill 30 minutes. Add vanilla. Whip until stiff. Frost sides and top of cake. Freeze until 15 to 20 minutes before serving.

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Ice cream makes it great.

In saucepan soften gelatin in the water. Add sugar and bouillon granules. Cook and stir till gelatin and bouillon granules are dissolved. Stir in vinegar. Divide gelatin mixture into 2 portions; one portion measuring 1⅓ cups and the other 2 cups. Set aside the 2-cup portion; do not chill. In bowl combine mayonnaise or salad dressing, sour cream, and salt; with rotary beater gradually beat in the 1⅓ cups gelatin till blended. Chill till partially set (the consistency of unbeaten egg white). Fold in cabbage, potato, and onion. Spoon into 6 or 7 individual molds or one 7-cup mold. Chill till *almost* firm.



For second layer, chill the reserved 2 cups of gelatin mixture till partially set. Fold in corned beef, green pepper, and horseradish. Spoon atop first layer in mold. Chill several hours or overnight. Unmold on lettuce and garnish with cherry tomatoes, if desired. Makes 6 or 7 servings.

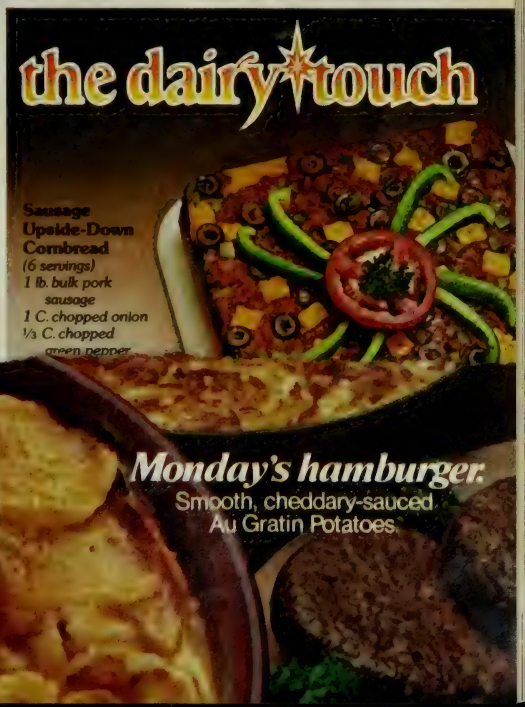
2 medium oranges, sectioned (1 cup)
Lettuce

In bowl combine cream cheese, honey, and ginger. In saucepan bring cider to boiling; remove from heat. Stir in gelatin till dissolved. With rotary beater, gradually beat hot gelatin into cream cheese mixture. Chill till partially set. Fold in apple and oranges. Spoon into a 4-cup mold. Chill till firm, several hours or overnight. To serve, unmold on lettuce-lined platter. Garnish with additional apple slices dipped in lemon juice, if desired. Makes 6 servings.

CORNED BEEF AND CABBAGE SALAD

The all-time favorite combo, corned beef and cabbage, team up in this newfangled salad—

2 envelopes unflavored gelatin
3 cups water
2 tablespoons sugar
2 teaspoons instant beef bouillon granules
⅓ cup vinegar
• • •
⅓ cup mayonnaise *or* salad dressing
⅓ cup dairy sour cream
½ teaspoon salt
1½ cups finely chopped cabbage
1 cup finely chopped cooked potato
¼ cup finely chopped onion
1 12-ounce can corned beef, flaked
¼ cup finely chopped green pepper
1 teaspoon prepared horseradish





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FOOD



Variety Meats

Corn Fix-ups

Do you have a favorite main dish recipe that features some type of variety meat? Do you parlay corn into a unique vegetable side dish? Send us your recipes—you could be a winner next September. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Variety Meats

Tongue, liver, kidney, sweetbreads, brains, heart, and tripe could be featured in your main dish entry. Do you have a fix-it-quick idea? Hints: **sweet 'n sour liver stir-fry, beef heart cassoulet, sweetbread soufflé.**

Corn Fix-ups

Does your hot or cold side dish call for fresh, frozen, canned, or dried corn as a major ingredient? Do you marinate corn with other vegetables? Tips: **curried corn medley, sweet potato-corn puff, spicy corn and peppers.**

THIS MONTH'S WINNERS

(See recipes on pages 157 and 158.)

Cooks-of-the-Month

Diane Lohr, Freeport, Ill.
Can Semelsberger, Fayetteville, Ark.

Runners-up

Mrs. Clarence Cody, Mars Hill, N.C.
Mrs. Anna McSwain, Pensacola, Fla.
Robin P. Paine, Yerington, Nev.
Mary Wagner, Salt Lake City, Utah

Honor Roll

Karen Craiglow, Grand Rapids, Minn.
Jean K. Damson, Sheridan, Wyo.
Sally Fields, Stockton, Calif.
Mrs. P. B. Fisher, Big Sandy, Tex.
Lala Keppel, Plainfield, Ind.
Mrs. Carol McGee, Mesa, Colo.
Mrs. Lotte Oestreicher, Park Ridge, N.J.
Diana G. Rumler, Daleville, Ind.
Barbara Stewart, Yuba City, Calif.
Jody Weiss, Tujunga, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "September Variety Meats" or "September Corn Fix-ups."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, February 28. Where duplicate recipes are submitted, the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8002 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Three Flour Braided Bread (Makes 2 loaves)

Combine 2-1/4 cups white flour, 2 tablespoons sugar, 1 tablespoon salt and 2 packages Fleischmann's® Active Dry Yeast. Add 1/4 cup margarine, softened. Add 2-1/4 cups very warm water (120°F.—130°F.) and beat 2 minutes at medium speed. Add 1 cup white flour. Beat at high speed 2 minutes. Divide batter into 3 bowls.

Make whole wheat dough by beating 2 tablespoons molasses and 1-1/4 cups whole wheat flour into 1/3 of batter. Make rye dough by adding 2 tablespoons molasses, 1 teaspoon caraway seed, 1 tablespoon cocoa, and 1-1/4 cups rye flour to 1/3 of batter. Make white dough by beating 1-1/4 cups white flour into remaining batter.

Knead each dough until smooth and elastic, about 5 minutes. Cover. Let rise in warm place until doubled, about 1 hour. Punch down; on floured board, divide each dough in half. Roll each piece into a 15-inch rope. On a greased baking sheet, braid together a white, whole wheat, and rye rope. Pinch ends to seal. Repeat with remaining dough. Cover, let rise until doubled, about 1 hour.

Bake at 350°F. for 30-40 minutes or until done. Cool.

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Budget casseroles

Of course you can't beat casseroles for stretching your grocery dollars. Here are three delicious versions—one chicken, one salmon, and one meatless—that you'll want to add to your recipe collection.







Photographs: Dieter

BAKED CHICKEN AND LENTILS

Italian sausage adds to the heartiness of this dish—

4 medium carrots, thinly sliced (2 cups)
1 cup chopped onion
1 cup dry lentils (8 ounces)
1 tablespoon instant chicken bouillon granules
2 bay leaves
1 teaspoon salt
½ teaspoon poultry seasoning
⅛ teaspoon pepper
1½ cups hot water

• • •

4 ounces bulk Italian sausage
1 2½- to 3-pound broiler-fryer chicken, cut up
Salt and pepper
Paprika

In a 3-quart casserole combine the carrot slices, onion, lentils, bouillon granules, bay leaves, salt, poultry seasoning, and pepper. Add hot water; stir gently to mix. Bake, covered, in a 350° oven for 15 minutes.

Meanwhile, brown sausage in skillet; remove from skillet and set aside. Brown chicken in drippings in skillet. Stir sausage into mixture in casserole. Place chicken atop lentil mixture; sprinkle with a little salt, pepper, and paprika. Bake, covered, in a 350° oven for 1 hour or till chicken and lentils are tender. Remove bay leaves before serving. Makes 6 servings.

SALMON-CAULIFLOWER CASSEROLE

Another time try this casserole with tuna or shrimp—

1 10-ounce package frozen cauliflower
¼ cup finely chopped onion
1 tablespoon butter *or* margarine
1 can condensed cheddar cheese soup
1 4-ounce can chopped mushrooms, drained
¼ cup grated Parmesan cheese
1 tablespoon lemon juice
½ teaspoon dried dillweed
Dash pepper
1 7¾-ounce can salmon, drained, bones removed, and broken into chunks
Lemon twist
Parsley

In saucepan cook cauliflower, covered, in a small amount of boiling salted water for 3 minutes. Drain; cut cauliflower into small pieces. Set aside. In saucepan cook onion in butter or margarine till tender but not brown. Stir in the cheese soup and heat through. Stir in drained mushrooms, Parmesan, lemon juice, dillweed, and pepper. Fold in the salmon and cauliflower. Turn mixture into an ungreased 1-quart casserole. Bake, uncovered, in 350° oven for 30 to 35 minutes or till heated through. Garnish with lemon twist and parsley. Makes 4 servings.

SPINACH AND SPAGHETTI

This creative variation of macaroni and cheese gets its richness from sour cream, Parmesan cheese, and Monterey Jack cheese—

1 10-ounce package frozen chopped spinach
1 beaten egg
½ cup dairy sour cream
¼ cup milk
2 tablespoons grated Parmesan cheese
2 teaspoons minced dried onion
½ teaspoon salt
Dash pepper
2 cups shredded Monterey Jack cheese (8 ounces)
4 ounces spaghetti, cooked and drained (2 cups cooked)
2 tablespoons grated Parmesan cheese

Cook spinach according to package directions; drain well. Combine beaten egg, dairy sour cream, milk, the first 2 tablespoons Parmesan cheese, the onion, salt, and pepper. Add the Monterey Jack cheese and mix well. Add the drained spinach and drained spaghetti; mix well again. Turn mixture into an ungreased 10x6x2-inch baking dish. Sprinkle with the remaining 2 tablespoons Parmesan cheese. Bake, covered, in a 350° oven for 15 minutes. Uncover; bake 15 to 20 minutes more or till heated through. Makes 4 servings.

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File under Vegetables

Buying information page 69.

Potato Side Dishes

Potato Pie Lorraine

If you're using instant mashed potatoes in this top-rated side dish, reduce the water you make them with by one-third, and omit the light cream, butter, and salt in the pie—

- 1 unbaked 9-inch pastry shell *or* frozen deep-dish piecrust, thawed
- 2 cups mashed cooked potatoes
- ½ cup light cream
- 1 tablespoon butter *or* margarine
- ¾ cup cream-style cottage cheese
- ½ cup dairy sour cream
- 2 eggs
- ½ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon cayenne
- ⅛ teaspoon pepper
- 1½ cups shredded Swiss cheese (6 ounces)
- ½ cup chopped onion
- 8 ounces bacon, crisp-cooked, drained, and crumbled (optional)

Line unpricked pastry shell with foil; fill with dried beans. Bake in 450° oven for 5 minutes; remove beans and foil. Bake 5 to 7 minutes longer or till nearly done. Remove from oven; reduce oven to 425°. Combine mashed potatoes, cream, and butter or margarine; set aside. In a large mixer bowl combine cottage cheese, sour cream, eggs, and seasonings; beat with electric mixer till smooth. Add potato mixture, beat 1 minute more. Stir in Swiss cheese, onion, and bacon, if desired. Pour into warm pastry shell. Bake in 425° oven for 40 to 45 minutes or till golden brown. Makes 6 to 8 servings.

Cam Semelsberger, Fayetteville, Ark.



File under Cookies and cakes

Photographs: Dieter

Easy Scratch Cakes

Chocolate Cherry Upside-down Cake

This easy first-place dessert tastes like a moist, fudgey brownie with a cherry topper—

- 1 21-ounce can cherry pie filling
- 2¼ cups all-purpose flour
- 1½ cups sugar
- ¾ cup unsweetened cocoa powder
- 1½ teaspoons baking soda
- ¾ teaspoon salt
- 1½ cups water
- ½ cup cooking oil
- ¼ cup vinegar
- 1½ teaspoons vanilla

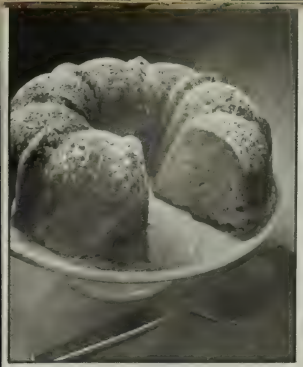
Spread the cherry pie filling evenly over the bottom of a greased 13x9x2-inch baking pan. In a large bowl stir together flour, sugar, cocoa, soda, and salt. In another bowl combine water, oil, vinegar, and vanilla. Add liquid ingredients to flour mixture all at once; stir just to moisten. Pour batter evenly over cherry pie filling. Bake in 350° oven for 30 to 35 minutes or till cake tests done. Cool 10 minutes in pan; invert and cool.

Diane Lohr, Freeport, Ill.



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Banana-Pineapple Cake

You can also bake this cake in a standard 10-inch tube pan—

3 cups all-purpose flour
2 cups sugar
1 teaspoon salt
1 teaspoon baking soda
3 slightly beaten eggs
2 cups mashed bananas
1 cup cooking oil
1 8¼-ounce can crushed pineapple
1½ teaspoons vanilla

In a mixing bowl thoroughly stir together the flour, sugar, salt, and baking soda. Make a well in the center of the dry ingredients. Combine eggs, bananas, oil, *undrained* pineapple, and vanilla; add all at once to dry ingredients, stirring till well moistened. Pour batter into a greased and floured 10-inch fluted tube pan. Bake in a 350° oven for 65 to 70 minutes or till cake tests done. Cool in pan 15 minutes; remove and cool on wire rack. Sprinkle with powdered sugar or drizzle with a powdered sugar glaze, if desired.

Mrs. Clarence Cody, Mars Hill, N.C.



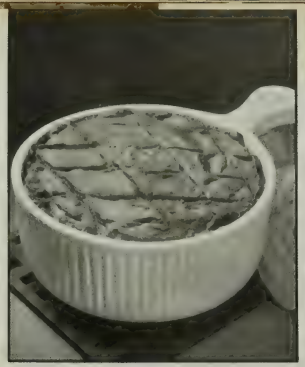
Applesauce Raisin Cake

Molasses and applesauce give this cake a sweet, down-home flavor—

2½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ cup butter *or* margarine
1 beaten egg
1 cup molasses
1 8½-ounce can (1 cup) applesauce
½ cup raisins
¾ cup sifted powdered sugar
4 teaspoons lemon juice

In a medium bowl combine flour, soda, cinnamon, and ½ teaspoon **salt.** Cut in butter or margarine to resemble coarse crumbs. In another small bowl stir together egg, molasses, and applesauce; blend into flour mixture just till moistened. Stir in raisins. Turn into a greased and floured 9x9x2-inch baking pan. Bake at 350° for 40 to 45 minutes or till cake tests done. Cool in pan 15 minutes. Combine powdered sugar and lemon juice; spread over warm cake. Serve warm or cool.

Mrs. Anna McSwain, Pensacola, Fla.



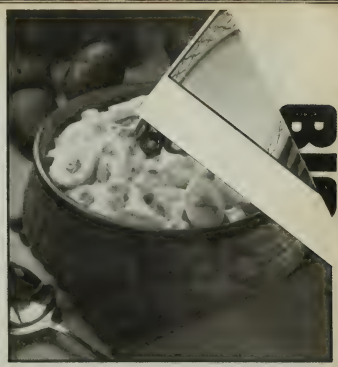
Banana Sweet Potatoes

Here's a delicious new way to serve sweet potatoes—

6 medium sweet potatoes (2¼ pounds)
¾ cup mashed banana *or* applesauce
¼ cup butter *or* margarine, softened
½ teaspoon finely shredded lemon peel
½ teaspoon salt
2 egg yolks
2 stiff-beaten egg whites

In a large saucepan cook sweet potatoes, covered, in enough boiling salted water to cover for 30 to 40 minutes or till tender; drain. Peel potatoes; mash on low speed of electric mixer (do not add butter or milk). Add banana, butter or margarine, lemon peel, and salt. Beat till fluffy. Add yolks; beat well. Carefully fold stiff-beaten egg whites into potato mixture; turn into a buttered 1½-quart casserole. Bake, covered, at 350° for 20 minutes; uncover and bake 25 minutes. Serves 8 to 10.

Mary Wagner, Salt Lake City, Utah



Sour Cream Potato Salad

6 medium potatoes (2 pounds)
½ cup finely chopped fully cooked ham
⅓ cup chopped onion
⅓ cup chopped green pepper
¼ cup chopped celery
1 tablespoon butter *or* margarine
¾ cup dairy sour cream
3 tablespoons vinegar
1 teaspoon salt
¼ teaspoon pepper
Ripe *or* green olives, halved

Cook potatoes, covered, in enough boiling salted water to cover for 25 to 30 minutes or till almost tender; drain. Peel and slice potatoes to make about 6 cups. Meanwhile; in a 10-inch skillet cook ham, onion, green pepper, and celery in butter or margarine till tender; drain off fat. Stir in sour cream, vinegar, salt, and pepper. Heat through but **do not boil.** Combine sour cream mixture and potatoes. Garnish with olives. Serve at once. Serves 10.

Mrs. P. Paine, Yerington, Nev.

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begins on page 42

Quilting

Quick and easy quilting, page 42

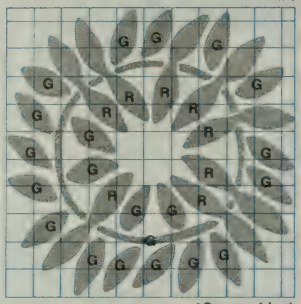
To order a complete stencil kit for the album quilt—including full-size patterns for 6 blocks and the border design, stencil knife and blades, stencil paper, and 2 brushes—see page 188.

Each block of the quilt is made individually in a quilt-as-you-go fashion: stencil a design on muslin; make a sandwich of the stenciled square, batting, and backing fabric; baste and quilt. When blocks and borders are sewn together, the quilt is complete. Finished size is 72x82 inches.

Materials: 12¼ yds. unbleached muslin (44/45 inches wide); 74x86-inch polyester quilt batting (½ inch thick); ecru quilting thread; ecru or white sewing thread; 10 yds. purchased red piping (optional); Prang Fabric

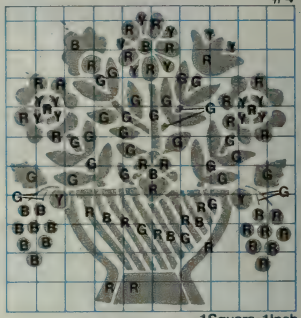
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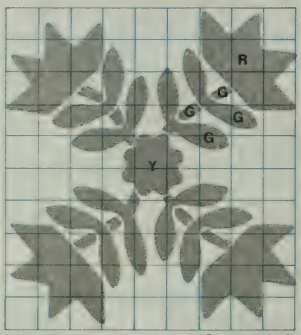
1 Square=1 Inch

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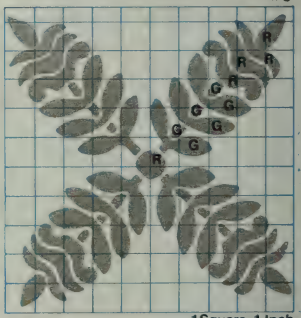
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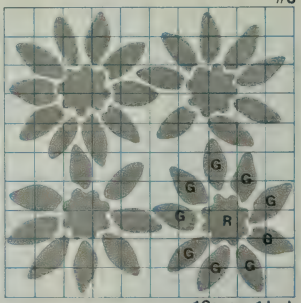
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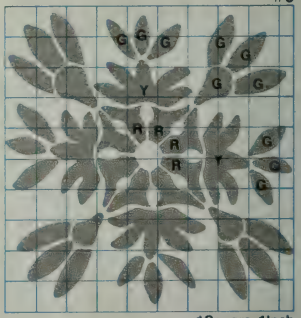
1 Square=1 Inch

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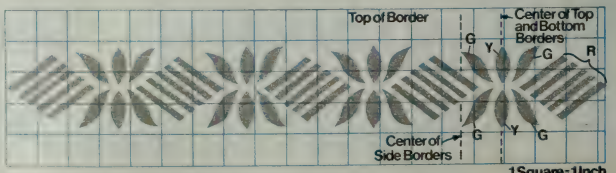


1 Square=1 Inch

#6



1 Square=1 Inch



1 Square=1 Inch

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continued

Quilting

Paint (see Buying Guide, page 69) in the following colors and approximate amounts: 5 oz. red (#1720), 5 oz. green (#1726), 3 oz. yellow (#1724), and ¾ oz. blue (#1728); stencil paper; stencil brush; utility knife; stapler and staples; straight pins; piece of fiberboard or macrame board at least 14 inches square; spray adhesive or white glue.

Instructions:

To cut stencils, enlarge the patterns (page 160); transfer the enlargements to white paper; these are the master patterns.

Glue master patterns to a sheet of protective cardboard. For block motifs, center a 12-inch square of stencil paper over the pattern. Cut away pattern areas (shaded areas on master pattern) using a utility knife; be sure that curves are smoothly rounded and corners are sharp and clean. Center border on a 6x18-inch piece of stencil paper; cut away pattern areas.

For best results, cut a separate stencil for each paint color to be applied. For example, a set of stencils for the red and green wreath design (#1) would include separate stencils for the red leaves and the green leaves. Label each stencil with the appropriate color.

To prepare the fabric, preshrink and iron the muslin. Cut sixty 12¾x12¾-inch muslin squares—30 for the stenciled fronts and 30 for the backs of the blocks. For the border, cut 2 muslin strips 13x68 inches and 2 strips 13x92 inches. Press the border strips in half lengthwise, wrong sides facing.

Cut the batting into thirty 12-inch squares—1 for each quilt block. Cut two 6x64-inch and two 6x88-inch batting strips for the border.

To stencil the designs, first staple a fabric square to a piece of fiberboard or macrame board. Carefully position the staples within the ⅜-inch seam allowance to avoid visible holes once the blocks are joined. Slip a piece of typing paper under the muslin before stenciling to absorb any paint that bleeds through the fabric. Center the stencil over the muslin square; pin each stencil corner to secure it in place.

Practice stenciling on a fabric scrap. Referring to manufacturer's directions, pour a small amount of paint onto a plate or pie tin. Before painting, check to be sure brushes are dry; always begin with a dry stencil brush. *Lightly* dip the stencil brush into the paint. Then dab the brush in an up-and-down motion on several layers of newspaper to remove excess paint and evenly distribute it throughout the bristles.

Holding the brush perpendicular to the work surface and using an up-and-down motion, gently dab the paint onto the fabric in the cutaway area of the stencil. Over large areas begin stenciling at the outside of the design and work toward the center so paint won't "feather" under the stencil edges. It's always better to use too little paint on the brush than too much. Lightly stenciled areas can be touched up, but excess paint may seep under edges of stencil paper.

Paint light colors such as yellow first, then progress to dark colors. After stenciling one color, let the paint dry

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continued

Quilting

thoroughly before continuing to the next.

If you accidentally tear the stencil, repair it by placing transparent tape over the tear; trim away the excess.

Once you've mastered this technique, stencil each of the 6 designs onto 5 blocks, for a total of 30 blocks.

To stencil the top and bottom borders (the shorter of the border pieces), mark the center of each strip (crosswise) with a row of pins. Unfold the strips and staple them to the fiberboard. Stenciling should be done on the top half of the strip, above the fold. Match the center line of the stencil to the row of pins; align bottom edge of stencil with pressed fold.

Pin the design in place; stencil. When you've reached the edge of the fiberboard, remove the fabric, reposition it, and continue working. Stencil to one end of the strip and then to the other end, finishing with a diamond on each end. There will be 13 flowers and 14 diamonds on each top and bottom border strip. (Don't stencil beyond the edge; there will be 4 inches of extra fabric at each end of each strip.)

The side borders, unlike the top and bottom borders, are not symmetrical so they're somewhat trickier to manage. To make stenciling easier, lay the side border strips on the floor with folded edges to left and right, just as they will appear on the finished quilt. Label each strip (right or left side border); also mark the top (narrow) edge that will be sewn to the narrow edge of the top border design. Next, fold each strip in half crosswise and mark the center with pins.

Begin stenciling on the left side border. Position the fabric on the fiberboard, and match the center line on the pattern to the row of pins just as for the top and bottom border. Stencil toward the end marked "top" until there are 10 diamonds; end with the tenth diamond. Then stencil to the opposite end, until there are 10 flowers; end with a flower. There will be 19 flowers and 19 diamonds on the strip; the excess fabric will be turned under when the quilt is assembled.

To stencil the right side border, repeat this procedure, *except turn the stencil around,* so the side of the stencil marked "top" rests on the fold of the muslin. (This reverses the design.)

When stenciling is complete and paint is thoroughly dry, set the color by pressing the fabric with a warm iron. Cover the stenciled fabric with a press cloth; iron, using a medium-hot setting, for at least 3 minutes on cotton fabric. If you're using a synthetic fabric, iron on a cool setting for at least 5 minutes. Always practice on a painted fabric scrap to avoid scorching.

To quilt each block, sandwich a square of batting between a stenciled top square and a plain backing square. Pin the layers together and baste diagonally between corners (making an X) and around the edges to prevent puckering. Using a quilting needle and thread, make small running stitches around each stenciled shape approximately 1/16 inch *beyond* the stenciled edges. Keep all quilting stitches uniform in size. Repeat for each block.

To quilt the border, insert the batting strips inside the folded border fabric. Pin and baste the layers together; quilt as for the blocks. *Do not*



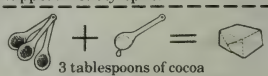
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quilt the last 2 motifs on the ends of each of the side borders. These are quilted after assembly.

Assemble the quilt by stitching blocks together into 6 rows of 5 blocks each, as follows:

Row 1: #s 6, 3, 6, 3, 6.
Row 2: #s 5, 2, 5, 2, 5.
Row 3: #s 4, 1, 4, 1, 4.
Row 4: #s 3, 6, 3, 6, 3.
Row 5: #s 2, 5, 2, 5, 2.
Row 6: #s 1, 4, 1, 4, 1.

To join blocks, pin 1 block to the adjacent one, with right sides of stenciled blocks facing. Pin backing and batting on each block out of the way; stitch the 2 front blocks together (⅜-inch seam). Finger-press. To finish the back seam, open up the 2 blocks and place them face-down on a table. If necessary, trim some of the batting to avoid a bulky seam. Then, turn under the seam allowance of the backing on 1 block and blindstitch it along the seam line on the back of the second block, covering the raw edges. Adjust the seam allowance to ¼ inch if necessary to keep seams of blocks straight.

Continue joining blocks, following this procedure, until you have 6 rows.

To join rows, use same procedure as for joining blocks. When all rows are stitched together, remove all basting threads except those along outer edges of blocks where borders will be sewn.

To attach piping, align raw edges of blocks with raw piping edge on the blocks' front sides. Using a ¼-inch seam, sew together across top and bottom quilt edge. Then sew piping to quilt sides, crossing over the piping on the top and bottom of the quilt.

To attach borders, repeat process for joining blocks, *except* whipstitch the batting to the seam before blindstitching the backing pieces together. Secure the top and bottom borders in place first, trimming away the fabric that extends past the block assembly.

Attach the side borders to the sides of the quilt, including the narrow ends of the top and bottom borders. Cut away excess batting within side borders; whipstitch the batting to the seam on the reverse side of the quilt.

Before blindstitching border back to quilt back, turn under top and bottom raw edges of side border, and square up the side borders to the top and bottom borders. Blindstitch border backing to quilt; quilt remaining motifs on ends of each side border.

For other stenciled projects, adjust size of the stencil motif as necessary. Enlarge the quilt border pattern, for example, and stencil it on the floor with high-gloss enamel to frame a bed.

For the pillow top, stencil 1 of the block motifs onto a 14-inch muslin square. Piece and gather a length of gingham to form a ruffle. Cut backing fabric and pin it to pillow top, right sides facing, while inserting ruffle along seam. Stitch around 3 sides, turn, and insert pillow form. Slip-stitch closed.

Stencil border repeat motifs onto a length of fabric to gather around lampshade. Sew side seams, and finish top and bottom edges of lampshade cover. Gather top and bottom and tack in place around lampshade.

Cleaning instructions: For best results, have painted fabric items dry-cleaned by a reputable firm. If the cleaner is unfamiliar with working on painted fabric, have him clean a small project or a sample of painted muslin before entrusting him with an entire quilt.



you should have tasted this!
Hershey's Cocoa made it better.

Hershey's Lickety-Split Frosting

3 cups unsifted confectioners' sugar
¾ cup Hershey's Cocoa
⅛ teaspoon salt
6 tablespoons milk
2 teaspoons vanilla
⅓ cup butter or margarine, softened

Combine sugar, cocoa and salt in large mixer bowl. Add milk and vanilla. Blend butter or margarine and beat until spreading consistency. About 2 cups frosting or enough for an 8- or 9-inch layer cake.



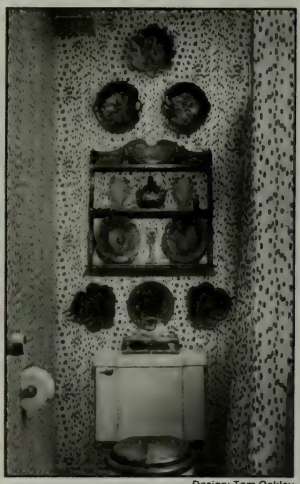
Collectors' baths

Pocket-size powder rooms may lack space, but they needn't lack pizzazz. One easy way to give your bath special sparkle is to display some eye-catching collectibles. For maximum effect, choose unusual treasures not often found in a bath. Here are two examples.

Accessories from a lady's turn-of-the-century wardrobe gives this brand-new bath its charming nostalgic look. On the side wall, a winsome Victorian portrait is surrounded by beaded bags, hair ornaments, silk gloves, fans, and a parasol. More bibelots and some treasured family photographs are displayed on a four-tiered shelf unit. A bouquet of silk flowers in an antique vase dresses the tank top. Basket-weave-patterned wallpaper and plain wooden shutters provide a simple backdrop for the cache of collectibles.



Photographs: Jessie Walker
Design: Sal Sollizzo, Colby's



Design: Tom Oakley

Instead of predictably arranging a prized plate collection on a dining room or kitchen wall, try displaying the plates in an unexpected spot. Here, English plates with a decorative leaf motif provide an eye-pleasing arrangement in a powder room. Adding substance to the pyramidal grouping is an antique mahogany shelf showcasing two more plates and other collectibles. Random-design "dalmation" wallpaper creates a lively contrast to the solid-color collection.

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Puppy Choice, because now's the only growing time your puppy will ever have.



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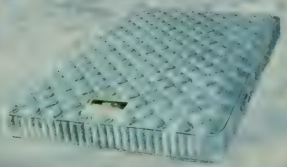


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Our sun-or-snow vacation roundup offers you plenty of options and variety—in climate, scenery, activities, even in time. Stays range from fun-filled family weekends to as long as your budget can bear. You can choose from a post-Olympics outing in a genteel, alpine setting out East; an easygoing sand-and-sea sojourn on Florida's coast; a nostalgic wintry weekend just outside a bustling Great Lakes city; any-age pleasures at a favorite West Coast make-believe land; or cold-weather mountain fun at a grand old resort.

continued

Illustrations: Art Studio: Greg Hargraves





SUN OR SNOW VACATIONS

NEW YORK'S LAKE PLACID

Right after the Winter Olympics' final fanfare echoes from the snowy slopes is the time to make a beeline for Lake Placid, New York. The flags still will be flying and the festive atmosphere will prevail. But hostelries will revert to their pre-Olympic prices, and things probably will be booming on the winter sports front till at least mid-March.

The ambience alone makes this little Adirondack Mountain town unique. Long before Lake Placid's first Olympics—back in 1932—it was a refuge for New York and Boston bluebloods, whose sprawling, romantically weathered cabins still dot forests that frame Lake Placid's central Mirror Lake. Though many glossier vacation homes and modern hotels have sprung up since then, they haven't overwhelmed the gentility of the scene.

Skiing wild and mild

Whiteface Mountain, site of the Olympic downhill and slalom races, is located nine miles northeast of Lake Placid on State-86. It boasts the biggest vertical drop in the East and runs up to four miles long. Although the rugged top section of the Mountain is for skilled downhillers only, most of the other 27 slopes are fine for average skiers. Several are even easy enough for novices to practice on.

Closer yet to Lake Placid is Mt. Whitney, whose layout is smaller. But there's good skiing all the same on trails graded according to skill. Moreover, you can ski at night—Wednesdays, Fridays, and Saturdays—gliding down illuminated meadows.

At both areas, you can rent equipment and get professional instruction. For lift tickets, you pay $12 weekdays at Whiteface and $6 at Whitney; $12 and $8 a day, respectively, on weekends and holidays. Ski-week passes sell at discounted rates.

Facilities for cross-country skiing are even better. Eight areas with trails from five to 25 miles long lie within a 20-minute drive. Skiing is free on most trails, and rental gear is available in town.

Thrills without spills

For a once-in-a-lifetime thrill, ride along with a licensed pro on the Mt. Van Hoevenberg bobsled course (about $5). Another breathtaking experience is watching jumpers pursue their Walter Mitty dreams on Olympic ski jumps that rear up to the sky a mile from the village center. A favorite attraction with youngsters is the municipal toboggan chute that flings toboggans out onto ice-covered Mirror Lake ($1 all day; toboggan rental, $2).

Dog sled rides around Mirror Lake are somewhat more sedate, but still exciting. The sleds load up on the Lake side of the Golden Arrow Motor Inn on Main Street ($4; under 15, $3). You can rent snowmobiles there, too. Horse-drawn sleighs wait for passengers on the other side of the Lake, in front of the Lake Placid Resort Hotel ($4; under 15, $3).

When hockey games and pro-sports practice aren't scheduled, there's skating for everyone indoors at the huge Olympic Arena or outdoors on the adjoining 400-meter Olympic Oval ($1.50; children, $1; skate rental, 75 cents).

Best in bed and board

Most hotel and motel doubles range from $36 to $66 a day, plus $4 to $14 for additional persons in your room. One top establishment is the Mirror Lake Inn, which has an excellent restaurant. Doubles, with breakfast and dinner, cost $52 to $82; children $8 to $20.

At the Alpine Motor Inn, which serves outstanding German/Swiss food, you pay $40 in high season for an exceptionally neat room with two double beds ($26 starting the second weekend in March). Meals are extra (from about $5 up).

For more details, contact the Tourist Information Bureau, Lake Placid Chamber of Commerce, Olympic Arena, Lake Placid, New York 12946.

Trekking in the snow

To reach Lake Placid by car, take the Northway (I-87) to State-73 (Exit 30). It's about a three-hour drive north from Albany. A new private railroad, revived on a long-forgotten roadbed, also runs a mix of antique and modern cars on weekends from Utica and back—connecting with Amtrak from New York, Boston, Chicago, and Detroit. For rates and schedules, write Adirondack Railway, Box 579, Old Forge, New York 13420.

continued

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SUN OR SNOW VACATIONS

FLORIDA'S BISCAYNE BAY

It's hard to believe that less than half an hour from Miami's Gold Coast glitter you can be sunning yourself in a mangrove-sheltered beach cove without another soul in sight, or strolling miles of secluded shore between the sea and primeval pine and palmetto forests. This hidden beach, a favorite weekend playground of locals in the know, is but one attraction on the 15-mile arc of land and causeways that crab-claws around lower Biscayne Bay.

The area stretches from the tip of Key Biscayne to Coral Gables, just south of downtown Miami. And since most of the area is public parklands, everything is either free or nominally priced. You don't even have to stay in an expensive hotel. You can base yourself at one of the more reasonable inland motels at exits of I-95 and reach Biscayne Bay in a few causeway minutes.

Once there, you're within bike range of everything. You can rent bikes at the Dade Cycle Shop in Coconut Grove ($4 to $6 a day) and at the Silver Sands Motel on Key Biscayne.

The beach scene

Much of Key Biscayne has remained wilderness. Secluded mangrove beaches lie at the northern end, right after you cross the second, shorter bridge of the Rickenbacker Causeway (make a U-turn to get into the parking lot). The beach also is accessible from the parking area of the small but interesting Miami Zoo (two miles south of the bridge). Of course, the farther you walk from these entrances, the more seclusion you enjoy. Across from the Zoo is the county's 18-hole championship golf course.

Yet another fine beach park, Cape Florida State Park, stretches across the lower end of Key Biscayne. Climb to the platform of the lofty lighthouse for an amazing view—from the Everglades to shipping lanes of the Gulf Stream, with the Miami Beach skyline poking over the horizon.

Don't miss Key Biscayne's Miami Seaquarium, with its famous Flipper and killer whale shows, and unique shark-feeding channel (open daily; $5 admission, ages three to 12 pay $3). Across the way is Planet Ocean, museum of the International Oceanographic Foundation, where you can board an ocean-bottom submarine, experience a simulated hurricane, and see superb films in panoramic theaters (open daily; $3.75 admission, $2 for ages three to 12).

In-town exploring

The small community of Key Biscayne, an exclusive condominium village, occupies the island's midriff. Prices at the few hotels there are accordingly high. At the prestigious Key Biscayne Hotel and Villas and the nearby Sonesta Beach Hotel and Tennis Club, high-season doubles range from $95 to $110; kids 12 and older share your room for $12 to $14; under 12, free. At the Silver Sands Motel, efficiencies run $74 to $82 a day, $481 to $533 a week; each additional occupant pays $3 a day. Choice restaurants, both in the upper price bracket, are the Jamaica Inn and the Sonesta Beach dining room.

Discoveries along the way

A marked bike route begins just west of the fishing bridges and landfill sailing beaches of the Rickenbacker Causeway. The route continues through Coconut Grove and on to Fairchild Gardens, seven miles south (just follow the orange pavement striping).

First, you'll come to the Vizcaya Museum and Gardens, an Italian villa that was once a multimillionaire's palace (open daily; $3.50 for the Gardens and the guided house tour).

The Dinner Key complex comes next, including a fine park where you can rent sailboats. Countless pleasure craft tie up at the marina. Monty Trainer's is the best and liveliest restaurant in these parts.

Next door is funky but nice Coconut Grove, Florida's version of California's Carmel. It's a paradise for window-shoppers and people-watchers.

For a serene contrast, visit Fairchild Gardens, the country's most exotic palm plantation. The Gardens' walkways run on for nearly two serpentine miles (open daily; $2 admission, free for ages under 16).

For more information and brochures, write Lew Price, Metro-Dade Department of Tourism, 234 West Flagler, Miami, Florida 33130.

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SUN OR SNOW VACATIONS

MICHIGAN'S GREENFIELD VILLAGE AND HENRY FORD MUSEUM

There's no better place for a nostalgic weekend than Greenfield Village and Henry Ford Museum in Dearborn, Michigan. This 260-acre complex, the largest indoor-outdoor museum anywhere, salutes 300 years of American life.

In winter, the Village and Museum provide a charming glimpse of the joys and hardships our ancestors experienced. And now is a particularly good time for a visit. The complex just marked its 50th year with a major rejuvenation program.

Magic in the Village

Though Greenfield Village resembles a Norman Rockwell painting come to life, the Village was never a real community. Most of the structures were moved in. Buildings essential to early community life fringe the glistening Village green, now snowy white. You can drop by a cozy stagecoach inn, a little town hall, a general store, even a county courthouse. Inside all the buildings, you'll be aware of winter's chill—a reality our ancestors lived with.

In the residential neighborhood, guides take you through famous Americans' homes, including the one where Noah Webster penned the country's first dictionary, and dozens of structures linked with innovators like the Wright Brothers and Henry Ford. Thomas Edison's Menlo Park Compound is so complete you'll think Tom just stepped out for lunch.

Crafts center fun

The sights will delight you in the Village crafts area. Chances are, the leather maker, weaver, candlemaker, glassblower, and other costumed artisans will be on hand. You'll probably hear the clang of the smithy's hammer and the whir of the potter's wheel, too. On bread-baking days, delicious aromas drift through the air. Many unique handcrafted treasures are for sale.

Though the Village's Victorian-style amusement park is closed this time of year, the whole family will enjoy a special wintertime treat—snuggling into a sleigh for a ride around the Village. When there isn't enough snow, a horse-drawn carriage makes the tour.

Memories at the Museum

The best place to begin your tour of the Henry Ford Museum next door is at the brand-new interpretive center, a microcosm of larger collections in the 14-acre exhibit hall.

The three main display areas include Decorative Arts, the Hall of Technology, and the Street of Early American Shops. You'll delight in the Arts galleries, bedecked with gorgeous textiles and furnishings. Antique cars and other fascinating conveyances—from intriguing flying machines to coal-burning locomotives—are the stars in the Hall of Technology. Lining the Street of Early American Shops are businesses typically found in American towns 100 years ago, displaying merchandise and crafts from yesteryear.

Heritage Hall cafeteria, tucked in a corner of the Museum near the Village exit, is a good spot for lunch.

Seasonal specialties

Special events are scheduled at the complex throughout the year, so check what's planned. You might even want to make reservations for one of the special candlelight dinners.

The Village and Museum are open daily except Thanksgiving, Christmas, and New Year's. Winter hours are 9 a.m. to 5 p.m. (6 p.m. at the Museum on weekends). Both charge separate admissions: $3.75 for adults; $1.75 for children six through 12; children under six, free. Tours by sleigh or carriage cost $2.25 extra per person. The complex is located 15 miles southwest of Detroit (just off I-94 and State-39).

More spirit of yesterday

After a day of exploring the past, there's no better place to spend the night than the nearby Dearborn Inn. You can soak up more historic atmosphere in a room at the stately colonial Inn (doubles from $44), or in a cottage modeled after the home of a notable like Betsy Ross or Patrick Henry. Other options are a motor hotel on the grounds and a Holiday Inn nearby (doubles from $37).

For more details about the Village and Museum, write Department MP, Greenfield Village, Dearborn, Michigan 48121. To find out about other attractions in the Detroit area, contact, Jan Stano, Metropolitan Detroit Convention and Visitors Bureau, Tower 100, Suite 1950, Renaissance Center, Detroit, Michigan 48243.

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SUN OR SNOW VACATIONS

CALIFORNIA'S DISNEYLAND

Disneyland, the country's first truly big-time theme park, is located 27 miles southeast of Los Angeles in Anaheim. When the park opened in 1955, Walt Disney promised it would get bigger and better. Well, Disneyland is celebrating its 25th birthday this year, with a spectacle of special happenings. In fact, you may want to check into what's on tap when and schedule your visit accordingly. But whenever you go, you'll see firsthand that this magical realm certainly has lived up to its founder's expectations.

Roller coaster action

Setting the pace for the current thrill-ride boom, the park opened its latest attraction, called Big Thunder, last fall. On this "runaway" mine train, mere speed and G-pulls won't suffice. You roar through a subterranean waterfall (without getting wet) and into an ear-shattering earthquake, while experiencing the usual wrenches and tummy flips.

Disneyland learned the advantages of enclosed roller coastering with its 1977 winner, Space Mountain. That trip has you in the dark all the way, as weird galaxies bombard you from every direction.

Pirates, spooks, and more

Matterhorn Mountain, Disneyland's original indoor-outdoor coaster, is still among the park's top drawing cards, along with the Pirates of the Caribbean and the Haunted Mansion. The Pirates is an incredibly elaborate and irresistibly humorous animation. The Mansion is the amusement world's most ingenious array of technological chicanery. But guessing how everything works is part of the pleasure. It's fun to be fooled by experts.

There's a variety of other rides and not-to-be-missed attractions, too: The PeopleMover, a futuristic sight-seeing carriage, travels around the park's Tomorrowland area. Mission to Mars is a simulated space trip especially popular with kids. On the Jungle Cruise, you travel along an exotic river populated with lifelike wild creatures.

In the musical comedy *America Sings,* animated animal characters perform everything from colonial tunes to rock. *It's a Small World* is a delightful musical fantasy that features some 500 audio-animated figures.

And of course, there's lots more—from gasoline-powered cars kids can drive on a safe "freeway" to an aerial gondola ride and a submarine voyage.

How to enjoy it most

The trick is to enjoy the most attractions with the least waiting—and that's where an off-season visit pays dividends. Beyond that, Friday is the least crowded day; Sunday, surprisingly, is next in line; Saturdays are the busiest.

The best time to get on the most popular rides is the first hour in the morning. You can park about 30 minutes before official opening time. Then, grab a map and head straight for what you want to ride most. That's the best time to meet Mickey, Donald, and other characters in the Disney menagerie, too. They greet early visitors on the square.

Around 5 p.m., when many visitors stop by the restaurants, is another prime time to catch popular rides. Make it a point to eat earlier in the day (the Blue Bayou at the Pirates of the Caribbean is a good choice).

During off-season, however, you'll miss the famous Electrical Parade and special shows, name-band concerts, and fireworks that are scheduled only in summer. Till mid-June, the park stays open from 10 a.m. to 6 p.m. weekdays (closed Mondays and Tuesdays) and till 7 p.m. weekends. Mid-June through Labor Day, hours are 9 a.m. to midnight daily (1 a.m. on Saturdays).

Admission to Disneyland costs $6 for adults, $5 for juniors (12 to 17), $3 for ages three through 11, under three, free. Rides are extra. But the best deals are the 11- and 15-coupon ticket books, which include the price of admission along with assorted ride coupons. The 11-ticket book costs $7.75; $7.25 for ages 12 through 17; and $6.75 for those three through 11. The 15-ticket book costs an extra 75 cents.

For detailed information, including listings of nearby lodgings, write to Guest Relations, Disneyland, 1313 Harbor Boulevard, Anaheim, California 92803, or to Elaine Martinez, Visitors & Convention Bureau, Box 4270, Anaheim, California 92803.

continued

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Remember: Compare estimated MPG (circled) to that of other cars. Your mileage may vary depending on speed, trip length and weather. Your actual highway mileage will probably be less than the highway estimate. Malibu is equipped with GM-built engines produced by various divisions. See your dealer for details.

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Malibu gives you room to stash small valuables.

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72 cubic feet of cargo space.

With the rear seat down, you have about six feet of floor for cargo plus an opening over four feet wide for easy loading.

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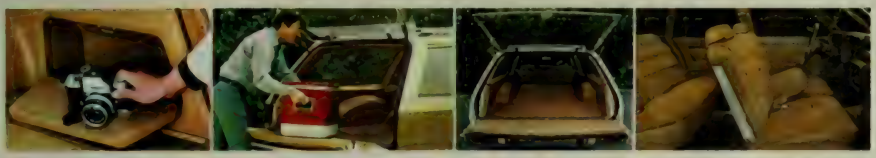
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SUN OR SNOW VACATIONS

IDAHO'S SUN VALLEY

Ever since the '30s, Sun Valley has been known as an elegant ski resort. But lately, the "queen" of the West's winter resorts has been tempering her grand old style with a comfortable, easygoing atmosphere and a family-pleasing assortment of activities. No matter what snowy fun you favor, Sun Valley can oblige.

Your first sample of the resort's unique style probably will be at the handsome old lodge—universal check-in point for guests. The lobby is reminiscent of a fine metropolitan hotel of the 1930s. Uniformed bellboys wait to take your luggage. Down the hall, a dance combo may be tuning up. Out on the terrace, luncheon guests watch ice skaters gracefully zigzag around the outdoor rink. It's easy to imagine personalities like Ernest Hemingway, Clark Gable, and Bing Crosby as part of the scene.

Headquarters for action

Sun Valley's Sports and Recreation Center is the focus of daytime goings-on. You can sign up for ski school, buy lift tickets (all day, $16; seven days, $95), and find out about other fun, like rides in hot air balloons, sailplanes, and old-fashioned sleighs, or horseback riding instruction. The Sun Valley Playschool entertains children too young to ski ($2.50 per hour).

At the ice skating complex, you can choose from indoor and outdoor rinks ($3 per session). Spirited hockey games and performances by professional skaters are other favorite diversions.

Schussing the slopes

Skiing challenges abound on the two mountains that flank the Valley. Some 16 lifts serve 68 runs. There's plenty of room for everyone.

Dollar Mountain, the beginner's mound and main teaching center, rises to a modest height (6,638 feet), with 127 acres of easy trails on treeless slopes. Baldy, as the other peak is called, tops out at 9,150 feet, with over 50 runs—most descending through thick evergreen forest. You could spend a week skiing all the runs.

Dozens of trails and wide-open spaces await cross-country buffs along two major streams on the Valley floor and in the neighboring Sawtooth National Recreation Area. One favorite short jaunt takes you to the Hemingway Memorial on Trail Creek. The Nordic ski school gives lessons and guided tours, including overnight treks and ski-one-way, helicopter-back excursions.

Free shuttle buses run every few minutes between ski slopes, outlying condominiums, and the lodge. And there's regular bus service to the village of Ketchum, a mile down the road, too. Shops and restaurants are clustered around the Sun Valley Inn, adjacent to the lodge, with a dozen or so additional eateries in Ketchum.

Après-ski, too

When the sun sinks behind Baldy, work the kinks out of weary muscles at one of the pools or saunas. Kids can let off leftover energy in the lodge's bowling alley/game room.

A favorite nighttime diversion is a sleigh ride to Trail Creek Cabin, a rustic retreat in the woods. You'll travel behind a dappled gray team, as sleigh bells jingle in the crisp night air. The half-hour trip whets your appetite for steaming soup and steak served fireside. Cross-country skiers can reach the cabin via a torchlit trail.

For a more traditional night out, try combo dancing at the lodge, disco music in Ketchum, or a performance at the Sun Valley Opera House.

Sun Valley particulars

The resort's winter season usually runs Thanksgiving through Easter. Rooms in the lodge or inn range from $54 to $74 a day double; condominiums for a family of four start at $64 a day.

Because of Sun Valley's relatively remote location and the economy of package deals, most vacationers stay at least four days. Four-night ski packages start at $153 per person for a standard double, including three days of lift tickets. Seven-night packages with six days of lift tickets start at about $277 per person.

Sun Valley is situated some 80 miles north of Twin Falls, Idaho. Major airlines fly into Twin Falls and Boise, Idaho, and Salt Lake City, Utah. Commuter airlines fly between Salt Lake City, Boise, and Hailey, Idaho. Limos and buses meet flights at Hailey, about 15 miles south of Sun Valley, and at Twin Falls. Or you can rent a winter-equipped car.

For more information, write Chuck Webb, Sun Valley Company, Sun Valley, Idaho 83353, or call 800/635-8261 toll free.



When Tender Vittles® says "Fresh" to your cat, he's bound to listen.

very time you open a pouch of Tender
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Fanciful Frog Plaques

from Better Homes and Gardens®

Want a humorous accent for bath, kitchen, hallway, or even kid's rooms? Then decorate with one or more of these Fanciful Frog Plaques. Any of these whimsical scenes will draw a smile from everyone who passes by. (A) "Time For Soap & Shower" features frolicking frogs sudsing it up. (B) "It's About My Turn" is appropriate for anyone who has had to wait in line. (C) "Enjoy A Bubble Bath" is just plain relaxing — with two frogs that really appreciate the tub. (D) "Powder & Pamper Time" features a scene that almost anyone can identify with. The Fanciful Frogs are ideal for creating a light touch in your home. And they can be very appropriate gifts for your friends, too! These colorful frogs were created by the acclaimed artist Coby. For this special offer, the lithographed prints have been laminated on thick durable hardwood plaques with gold beveled edges. Each plaque measures a large 6''x15'' with a wall hanger already attached and can easily stand alone or in groupings of your choice. Order your sets today. The Fanciful Frogs will be conversational pieces in your home for years to come.

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_____ No. 23022 all 4 Frog Plaques only $19.95

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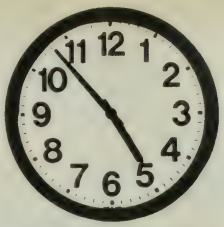
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BUILDING

Wood stove safety tips

It's not surprising that wood-burning stoves are rapidly growing in popularity. In addition to providing warmth, a wood-burning stove brings the pleasant sounds and smells of a crackling fire into your home. And, more important, the stove saves you money on expensive fossil fuels.

Unfortunately, the improper use of these practical stoves during the past few years has caused thousands of disastrous house fires. To be sure that your wood-burning stove is operating safely, follow these suggestions.

Buying and installing a stove

- When shopping for a new stove, make certain that the one you choose is made of a sturdy material such as steel or cast iron. Select a brand that has been approved by a reputable testing laboratory.
- When looking at used stoves, check them carefully for cracks and other defects. Pay special attention to the condition of the legs, hinges, grates, and draft louvers.
- Install your stove on a fireproof base such as brick, stone, or a layer of asbestos covered with sheet metal.
- Allow plenty of clearance between the stove and anything that will burn: walls, furniture, newspapers, and stacked wood.
- Read the safety manual that comes with the stove (or call your local fire prevention authorities) to be sure the stovepipe and flue you install will meet all requirements. Be especially careful about through-wall installations.

Using your stove

- Before you light the first fire of the season, clean the elbows, joints, and flues of the smoke pipe as well as the chimney.
- Start a fire with pieces of paper and kindling. Never use flammable liquids.
- Burn only seasoned, dry firewood in your stove.
- Don't let a fire burn while you're not at home. And put out the fire before you go to bed at night.



Reynolds Brown·In·Bag® the oven cooking bag

helps you save money at the meat counter and at the checkout counter.

Reynolds Brown·In·Bag, the oven cooking bag, helps you save money by letting you use less expensive cuts of meat without sacrificing a drop of natural flavor or juiciness. Meats baste themselves in the bag while drying oven air is closed out. Ideal for regular or microwave ovens.

Saving money is in the bag

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TO THE DEALER: For each 15¢ coupon you accept as our authorized agent on the purchase by a consumer of the specified products, we will pay you 15¢ plus 5¢ handling charges, provided you and your customer have complied with the terms of this offer. any other application constitutes FRAUD. Coupon may not be assigned or transferred by you. Void when presented by outside agency, broker or institutional user or where prohibited, taxed or otherwise restricted. Your customer must pay any sales tax. Invoices showing your purchase of sufficient stock to cover coupons presented must be shown on request. Cash redemption value, 1/20 of 1¢. Good only in U.S.A. Send to Nielsen Coupon Clearing House, Box # 1775, Clinton, Iowa 52734.



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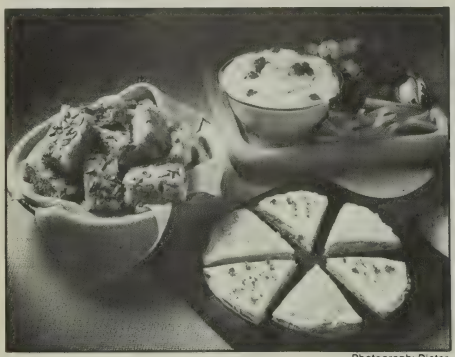
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Reynolds Brown·In·Bag is Available in Regular, Large and Turkey Sizes

Head start appetizers

Producing elegant hors d'oeuvres for your guests needn't tie you down in the kitchen. These tempting appetizers are designed to be assembled ahead so you're free to relax and enjoy your guests.



Photograph: Dieter

CREPE WEDGE STACKS

If you don't have time for a fancy garnish, just sprinkle the tops of these stacks with some snipped parsley—

1 cup ground fully cooked ham
⅓ cup finely chopped celery
½ cup mayonnaise *or* salad dressing
2 tablespoons drained sweet pickle relish
1 teaspoon prepared horseradish
4 hard-cooked eggs, chopped
⅓ cup chopped pimiento-stuffed olives
2 tablespoons finely chopped green onion
2 teaspoons prepared mustard
⅛ teaspoon salt
1 recipe Basic Crepes
1 4-ounce container whipped cream cheese
Green pepper strips
Whole canned pimiento, sliced or cut into small designs

In a bowl combine ham, celery, *half* of the mayonnaise or salad dressing, the relish, and horseradish; set aside. In a separate bowl combine eggs, olives, onion, mustard, salt, and the remaining mayonnaise or salad dressing.

Spread unbrowned sides of *five* Basic Crepes with about 2 tablespoons ham mixture. Spread egg mixture on unbrowned side of *five* more crepes. Make five stacks of 2 crepes each, filling side up. Top each stack with one of the remaining crepes, browned side up. Frost top of each stack with some of the cream cheese. Cut each into 6 wedges. Decorate tops with green pepper strips and pimiento. Cover and chill up to 24 hours. Makes 30 appetizers.

To make *Basic Crepes:* In a bowl combine 1 cup *all-purpose flour,* 1½ cups *milk,* 2 *eggs,* 1 tablespoon *cooking oil,* and ¼ teaspoon *salt;* beat with rotary beater till blended. Heat a lightly greased 6-inch skillet. Remove from heat; spoon in about 2 tablespoons batter. Lift and tilt skillet to spread batter evenly. Return to heat; brown on one side only. To remove, invert pan over paper toweling; remove crepe. Repeat with remaining batter to make 15 crepes, greasing skillet occasionally.

SUNFLOWER SEED STRIPS

Try these in place of crackers with your favorite dip—

1¾ cups all-purpose flour
1 package active dry yeast
3 tablespoons wheat germ
• • •
1¼ cups water
½ cup butter *or* margarine
1 tablespoon honey
1 teaspoon salt
1 egg
1 cup whole wheat flour
½ cup shelled sunflower seed
½ cup chopped walnuts

In large mixer bowl combine *1¼ cups* of all-purpose flour, the yeast, and wheat germ. In a saucepan heat water, butter or margarine, honey, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture along with egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes more at high speed. By hand, stir in the whole wheat flour, *half* of the sunflower seeds, *half* of the nuts, and the remaining all-purpose flour. Cover; let rise in warm place till double, 30 to 45 minutes. Stir down. Spread dough evenly in a greased 15x10x1-inch baking pan. Sprinkle with remaining sunflower seeds and nuts; press into dough lightly with hands. Let rise in a warm place till almost double, about 30 minutes. Bake in a 375° oven for 20 to 25 minutes. Cool in pan on wire rack. Cut into 3x1-inch strips. Store in a covered container. Or wrap in moisture-vaporproof material and seal, label, and freeze, if desired. Makes about 4 dozen strips.

FREEZER SHRIMP-CHEESE DIP

This dip goes well with crackers and chips, too—

1 8-ounce package cream cheese, softened
2 tablespoons dry sherry
2 tablespoons milk
½ teaspoon Dijon-style mustard
• • •
1 4½-ounce can shrimp, drained and finely chopped
2 tablespoons snipped parsley
Vegetable dippers

With electric mixer beat together the softened cream cheese, sherry, milk, and mustard. Fold in shrimp and parsley. Turn mixture into a 1-pint freezer container. Seal, label, and freeze.

About 4 hours before serving, thaw dip at room temperature. Stir to fluff mixture. Serve with vegetable dippers. Makes 1¾ cups.

If you've ever had a tampon accident,



Expandable sponges to fit best. And absorb fast. Rely's sponges expand to fit and absorb almost instantly. So you're protected from the start.

Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

you're ready for Rely's double-absorbing action.

Once your tampon fails you, there's little you can do. Till next time. So next time, try Rely.®

You can practically forget about staining and accidents. Because only Rely has double-absorbing action. One: incredibly absorbent sponges that expand to fit best. Two: super-absorbent fibers that draw the flow from the sponges and hold it.

Double-absorbing action: It provides superior protection against by-pass.



Unlike other tampons made of cotton and rayon, Rely is filled with light expandable sponges and super-absorbent fibers.

As soon as you insert Rely, your body moisture makes the sponges expand till Rely billows out to fit you softly, virtually wall to wall so there's less chance for tampon by-pass.

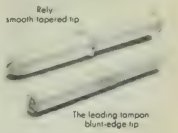
And Rely continues to fit, no matter how much you exercise, because it bends and flexes with you.

Only sponges absorb like sponges. And Rely's absorb almost instantly. But that's only half of double-absorbing action. It's the fibers that keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape, while the sponges absorb even more.

Absorbency as well as comfort.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assured, even women with unusually heavy flow have found security in Rely Super, without an accident.

As for comfort, well, a soft little pillow of a tampon with a silky outer covering has got to be comfortable. And its smooth plastic inserter has a tapered tip to glide Rely in easily. Without a pinch.



So if you've had accidents with other tampons, you're ready for the difference Rely can make. It's the only tampon with double-absorbing action.

Rely.
It even absorbs the worry.

A GUIDE TO RICE LOVERS:

How Soon You Learn Only A Fork-Fluffy Rice Will Do



I live with a rice lover. When we eat, his fork kamikazies onto my plate and whips away bite after bite of *my* rice. It's not that we don't have rice often enough. It's just that he can't get enough. He loves the taste of a perfectly cooked, tender forkful of rice. I use MJB. Long Grain White Rice. It's the perfect rice for us, because it cooks up exquisitely light and fork-fluffy. Whether I cook it. Or he cooks it. And we use it in so many ways. All by itself . . . with a tad of butter. Stretching our budget as a nutritious rice side-dish. Or a delectable casserole. There are hundreds of ways to serve rice. And when you live with a rice lover, you become a rice expert. MJB Long Grain White Rice. Because it tastes so perfectly good. Every-time.

For 55 rice ideas you'll love to make, order the MJB Rice Recipe Booklet. Send 25¢ to cover postage and handling to: MJB Rice Recipes, P.O. Box 39, Lomita, California 90717.



MJB Another Fine Food From The MJB Family.

FOOD

Tenderizing beef

Does buying less expensive meat mean you have to "tough it out" at the table? Not at all. There's a lot you can do to tenderize beef cuts from the round, chuck, and flank.

Cooking

The easiest way to achieve tenderness is by using the right cooking method. Slow cooking in liquid—whether by stewing, braising, or pot roasting—breaks down the meat fibers and softens the connective tissues.

Pounding

Probably the most effective tenderizing method is to pound the meat surface with a meat mallet. The pounding breaks down some of the meat fibers.

For best results choose a metal or wooden mallet that's comfortable to hold and swing. Remember, too, that since heavier mallets apply more pressure, they break more of the fibers and thus do the job faster.

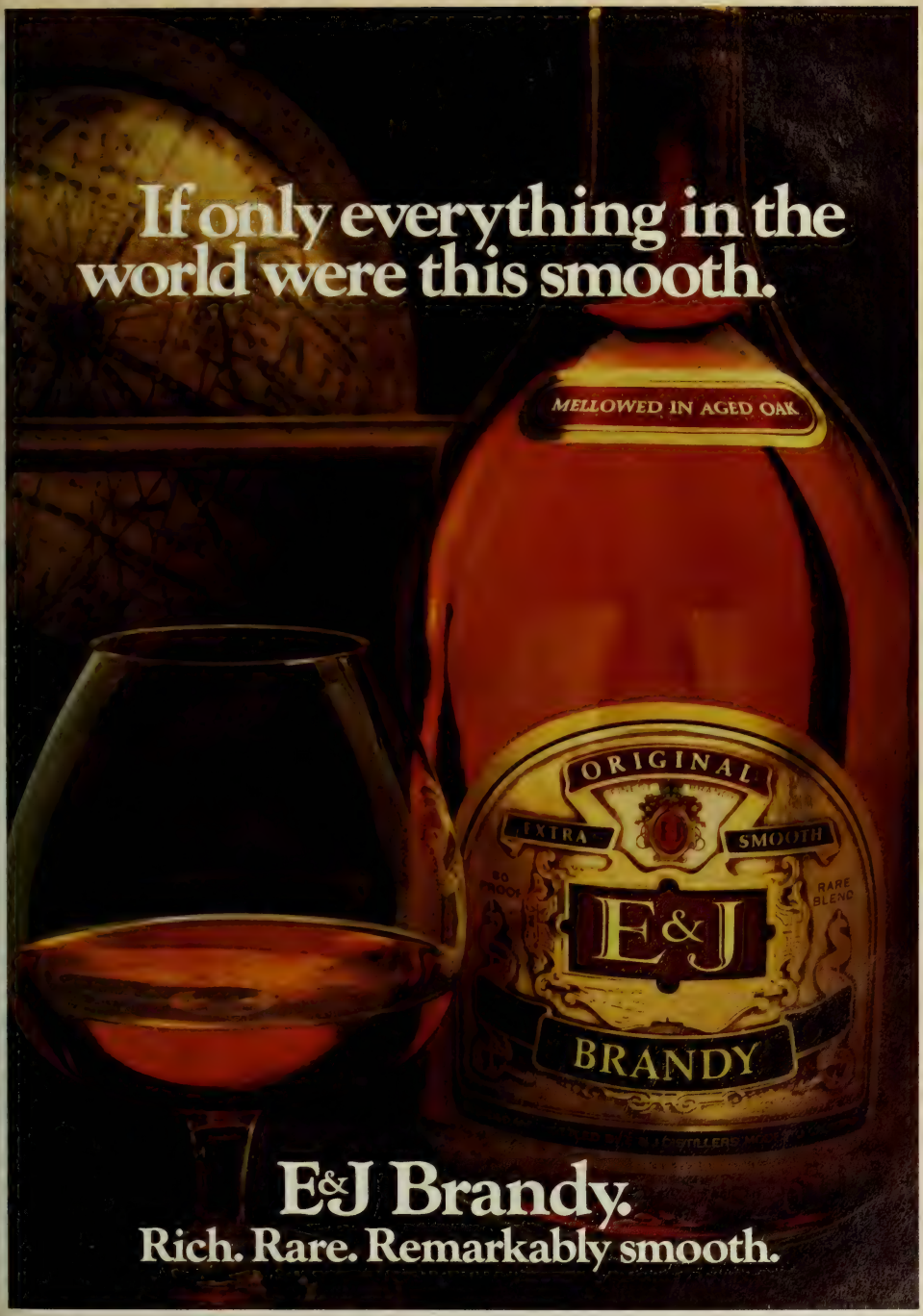
Powdered tenderizers

Another option is to use a powdered instant meat tenderizer. Most of these include as a main ingredient some type of plant-produced enzyme that acts chemically to break the meat protein down. A number of both unseasoned and seasoned products are available. Follow the directions suggested for using each one.

Marinades

Mixtures of an acid, such as lemon juice, vinegar, or wine, plus cooking oil can have some tenderizing effect while also adding flavor to meat. The size and shape of the meat cut determine the time it should be marinated. A thick chuck roast, for example, is usually marinated longer than a flat flank steak. However, marinating any size piece for too long may cause the meat to absorb more of the marinade flavor than is desirable.

An easy and efficient way to marinate meat is to place it in a plastic bag. Set the bag in a shallow dish, add the marinade, and close the bag. Turn it occasionally to distribute the marinade evenly over all surfaces of the meat.


If only everything in the world were this smooth.
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ORIGINAL
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SMOOTH
80 PROOF
RARE BLEND
E&J
BRANDY
E&J Brandy.
Rich. Rare. Remarkably smooth.

Trash compactor buymanship

A trash compactor can cut that growing problem, trash, down to size—one-fourth its original size, in fact. With two to three thousand pounds of force, a compactor will press bulky trash such as glass bottles, cartons, paper, cardboard, plastic, and other *dry* food waste into an easy-to-tote disposable bag. However, regular garbage—food wastes—should not be put in the compactor.

Operation

A trash compactor has a pullout drawer with a plastic bucket or a disposable bag in which the trash is compressed. You simply pull out the drawer and drop in the trash. A few models have an opening near the top with a swing door for depositing small items of trash. After several pieces of trash have accumulated, you turn on the appliance. A rammer then presses down from the top for about one-half to one minute to compact the trash. The more you compact the trash, the more you can get into a bag.

According to the manufacturers, a family of four can compress a week's supply of trash into one bagful or bucketful with a trash compactor.

Shopping tips

When shopping for a trash compactor, ask the salesperson whether collection bags are required. If so, ask how much they cost and whether they are always available at the local dealer's. Examine the appliance to make sure the rammer and all parts exposed to trash are easily accessible for cleaning. Measure or consult specification sheets to determine the exact dimensions of the compactor. A typical compactor is 15 inches wide, 24 inches deep, and low enough to fit underneath a 36-inch counter.

A freestanding model requires no installation; just make sure there is a 115-volt electrical outlet near the spot where you plan to locate the unit.

Cost

Prices range from about $150 to more than $400. Although all compactors mash trash, the more expensive ones offer better quality materials and more styles and convenience features. They also come with decorator panels to match your cabinet fronts.

Features

Features vary with the model and the brand, but here is a rundown of the features you can expect to find:

- A **removable rammer** (the block that provides the pressure) to simplify cleaning.
- An **automatic deodorizer,** either an aerosol can or an activated charcoal air filter, to reduce odor problems.
- An **on/off switch activated only by a removable key,** which prevents children from turning on the unit when an adult is not home.
- A **storage area for extra collection bags.**
- A **choice of a cutting-board top or a counter-top surface** in freestanding models.
- **Popular appliance colors.**

Enjoy the taste of hamburger without the cholesterol.



Morningstar Farms® Grillers® look, cook and taste as great as hamburgers. They have all the protein of burgers. But they have none of hamburgers' cholesterol.

That's important if your doctor has advised you to cut back on foods rich in saturated fats and cholesterol, like hamburgers. Too much cholesterol in your diet may lead to high blood cholesterol which is a major risk factor in heart disease along with high blood pressure and smoking.

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Put the lid on cholesterol with Grillers.®



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Right from the start, Capp will give qualified customers a solid commitment to convert your construction loan to a long term mortgage that takes effect when the home is completed. The mortgage interest rate is determined at move-in time, which probably means 1981. By then, most experts predict that rates will drop back down. And, if you find a better deal from a local lender, you're free to accept with no penalty charges from Capp. Either way, Capp's got you covered.

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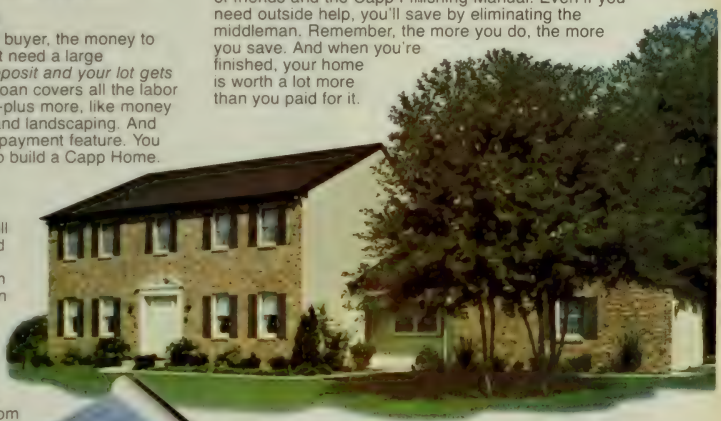
Capp provides brand name materials to complete your custom home. You select your own from roofing and siding to heating and electrical systems. Plus quality finishing touches, including lighting fixtures, floor coverings, kitchen cabinets and bathroom accessories. And much more. They're all included in the price.

What We Do

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A few words about taking care of your heart.

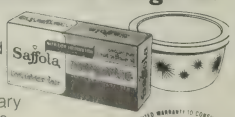
1. Avoid smoking. Smoking constricts blood vessels and may raise blood pressure.
2. Have your blood pressure checked regularly to be sure it's normal.
3. Exercise regularly after checking your program with your doctor.
4. Cut down on cholesterol and substitute polyunsaturated for saturated fats in your diet.

One word that can help.

Saffola®

No cholesterol. Higher in beneficial polyunsaturates than corn oil margarine.

Good tasting Saffola, when used as a part of a fat modified diet, can actually help reduce the serum cholesterol that is a major risk factor in coronary heart disease. Saffola contains pure safflower oil.



Enjoy it to your heart's content.

Offbeat breads

You'll have as much fun making these novelty breads as your family and guests will enjoy munching them with coffee or milk.



Photograph: Dieter

MOCK BISMARCKS

Remove crusts from 6 slices *white bread.* Spread *half* the slices on one side with any flavor *jelly* or *jam*; top with remaining bread. Cut diagonally in fourths. Mix 1 beaten *egg,* 1 cup *milk,* and 2 cups *packaged biscuit mix*; beat smooth with rotary beater. Dip sandwiches into batter. Fry, a few at a time, in ½-inch hot *cooking oil* (375°) for 1 to 1½ minutes per side. Drain on paper toweling. Roll in *powdered* or *granulated sugar.* Serve warm. Makes 12.

CRUSTY BREAD ENDS

3½ cups all-purpose flour
1 package active dry yeast
1 tablespoon sugar
1 teaspoon salt
¼ cup shortening
1 cup warm water (115° to 120°)
2 stiff-beaten egg whites
¾ cup shortening, chilled

In large mixer bowl combine *1 cup* of the flour, yeast, sugar, salt, and ¼ cup shortening. Add water; beat smooth with electric mixer. Fold in egg whites. By hand, gradually stir in *2 cups* more flour. With hands, work in remaining flour (dough will be soft). Cover and chill 4 hours or overnight. Divide dough in half; keep one half chilled while rolling other half.

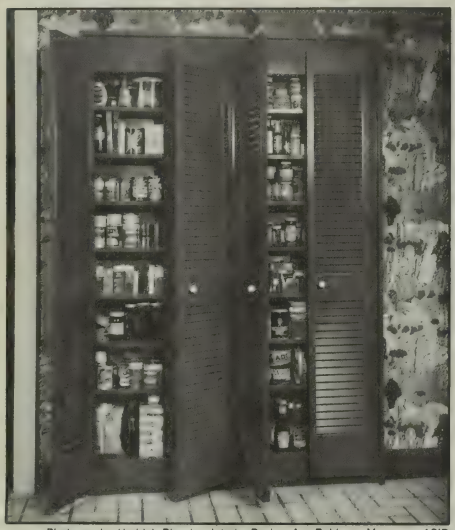
On floured surface roll half of the dough to an 8-inch square. Dot with 1 tablespoon chilled shortening; fold in half. Roll again to 8x8 inches. Dot with second tablespoon chilled shortening; fold in half and roll again. Repeat this process twice more. Pull off 9 even pieces of dough; place torn side up in greased 2½-inch muffin pans. Repeat with remaining dough and shortening. Cover and let rise till double (1¼ hours). Bake in 425° oven for 15 to 20 minutes. Serve warm. Makes 18.



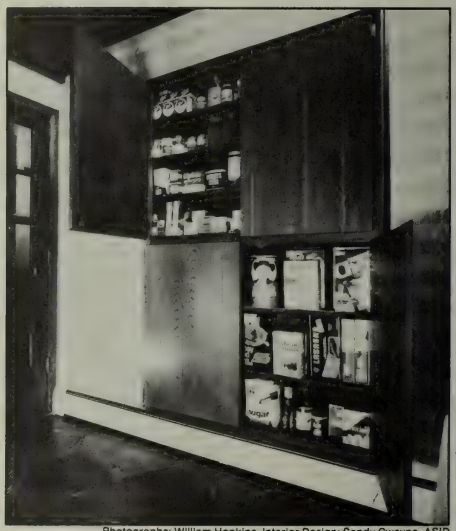
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Small-space kitchen storage

Without going to the expense of adding cupboards or counter tops, you can make your kitchen store more. Just carve out a sliver of wall and use the newly exposed space between the studs for shelves. Since the shelves are built into (not onto) the wall, even the narrowest spot in the kitchen can be used without interrupting the traffic flow.



Photographs: Hedrich-Blessing. Interior Design: Ann Robinson Musgrave, ASID



Photographs: William Hopkins. Interior Design: Sandy Cwayna, ASID



Source: Sims/Magazzine

This pantry is approximately 57 inches wide and seven feet tall—large enough to provide lots of storage space, but not so tall that items on the top shelves can't be reached.

Top left: This stud-wall pantry utilizes the space between four studs in an unused wall separating the kitchen and dining room. The studs in this kitchen were placed 16 inches on center, so the shelves are approximately 14 inches wide. Most of them are built into the pantry at six- and eight-inch heights; the lowest shelf is 12 inches high to accommodate taller items.

Top right: If you don't want the shelves to be divided by the studs, cut through them at the top and bottom of the opening. If the wall isn't load-bearing, simply frame in the opening and build your storage unit. However, for a load-bearing wall, you'll want to build a header (a sandwich of two 2x4s, separated by ½-inch plywood), insert it at the top of the opening, and support it at each end by a vertical 2x4. Then build the storage unit. The one pictured here is just over four feet wide and six feet high.



Source: Patricia Carpenter

Traffic flow from the back door isn't impeded by this storage unit because it only juts out from the wall four inches. Pressure-actuated latches make cabinet pulls unnecessary.



How the spaghetti with the Italian taste got an American name.

When Benedetta Vagnino came to America in 1888, she brought with her an old world recipe for Italian spaghetti. A recipe everyone in her homeland loved... and would surely miss. Eager to share this recipe with her new found friends she and her two sons opened a small family spaghetti business here in America. "Beautiful America," she always said, because she was so proud of her new country. Proud enough to name her authentically Italian spaghetti American Beauty. It couldn't have sounded more American. It couldn't have tasted more Italian. Just the way it is today.

American Beauty Spaghetti.
The Italian taste with the American name.





"To find a paying job which allows me to do what I love to do and develop into a real career seemed too good to be true. I find gratification in showing, teaching and selling crafts to my friends, neighbors and their friends. I can reach my own goals, work my own hours, manage a business of my own and still be associated with a highly respected company. I love creating needlecraft projects and sharing them with others, and I enjoy helping people develop lifelong hobbies. The kits I make catch the interest of those attending my craft workshops, and I've discovered I can conduct a craft workshop with confidence because I'm speaking on a topic I know and enjoy."

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Osceola, Iowa

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A kids' room divider

When two children share a modest-size bedroom, a room divider is an ideal way to create two "separate" rooms. A divider can provide privacy for each child and also help organize working/sleeping space. And a divider that's designed for both good looks and function, like this one, will serve the room's occupants for years to come.



Photograph: Ross Chapple. Design: Tarleton Interiors
Source: Eileen A. Deymier

In a small bedroom shared by two boys, this built-in room divider eliminates the need for space-consuming desks, dressers, and storage pieces while dividing the room into two distinct living areas.

The laminated unit, which is nine feet long by three feet wide, is accessible from both sides. Each side is arranged according to the child's needs. Six deep drawers store stackable clothing, while overhead cabinets hold seasonal sweaters and sportswear.

A work surface the length of the divider provides ample space for homework and hobby projects. Open shelving above displays collectibles and allows light to filter to the opposite side of the room. Below are adjustable shelves that adapt to various functions.

As the boys' needs and interests change, the unit can change with them. For example, fluorescent fixtures could be installed above the work surface when intensive studying demands more light. And, cork squares mounted on the desk wall could serve as a handy bulletin board.

Learn French at home.



It isn't hard.

In fact, Stouffer's Crepes may be one of the easiest, most delicious French lessons you could have.

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Crepes, from Stouffer's. Learning to love them is easy.

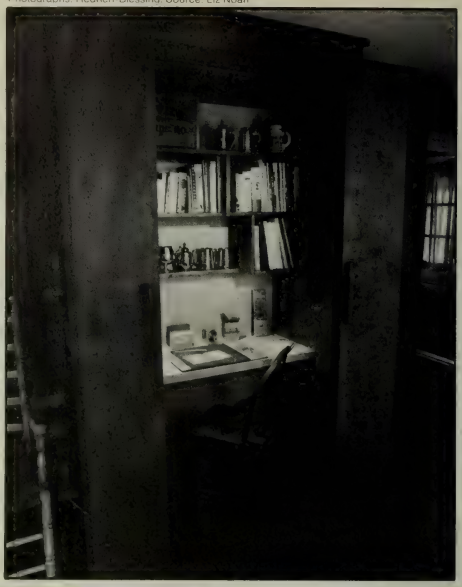


Crepes, from Stouffer's.®

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Closet conversions

Photographs: Hedrich-Blessing. Source: Liz Noah



Right: In a mere 29x31-inch space, you can corral all the things you typically need for baking. This refurbished closet houses spices, condiments, canisters of staples, and cookie decorations on the deep counter and open shelves. The counter top is made of easy-to-care-for plastic laminate. Beneath the counter are two bread drawers to hold tall boxes of crackers and cereal. Taller bottles of wine, vinegar, and oil have plenty of headroom on the top shelf.



Left: This miniature office/planning area can be completely hidden behind double bifold doors when you want to leave bookkeeping records open. The area is equipped with a telephone and an electrical outlet for a radio or calculator. Open shelves above hold cook books, phone directories, and some pewter pieces. The overall size of this efficient closet is 48x27 inches; the desk surface is 48x20 inches.

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FOOD

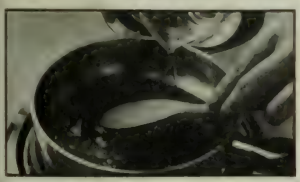
Caramel meringue pie



CARAMEL MERINGUE PIE

- ½ cup sugar
- ½ cup boiling water
- ½ cup packed brown sugar
- ⅓ cup all-purpose flour
- ⅛ teaspoon salt
- 1½ cups milk
- 3 beaten egg yolks
- 2 beaten whole eggs
- 2 tablespoons butter *or* margarine
- 1 teaspoon vanilla
- 1 9-inch pastry shell, baked and cooled
- 3 egg whites
- ¼ teaspoon cream of tartar
- ½ teaspoon vanilla
- ⅓ cup sugar

In small skillet melt the ½ cup sugar till golden; gradually add the ½ cup boiling water, stirring till mixture is blended. In saucepan combine brown



sugar, flour, and salt. Stir in milk and caramelized syrup; cook and stir till thickened and bubbly. Combine yolks and whole eggs. Gradually stir about half of the pudding mixture into eggs. Return to saucepan; cook and stir till bubbly. Stir in butter or margarine and the 1 teaspoon vanilla. Pour into pastry shell. Beat egg whites, cream of tartar, and the ½ teaspoon vanilla till soft peaks form (tips curl over). Gradually add the ⅓ cup sugar, beating to stiff peaks (tips stand straight). Spread over hot filling, sealing meringue to edges. Bake in 350° oven for 12 to 15 minutes.

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Anytime casseroles

How can you provide hot and hearty meals for your family if they dine in shifts? What do you do if you need to serve the whole clan in a hurry? Prepare individual casseroles like savory *Chicken Pies in Potato Crusts* that you can pop in the oven to heat all at once or individually as you need them.

Our make-ahead casseroles can be real life-savers. You can freeze both dishes of *Tostada-style Lasagne* and use them whenever you're rushed; or freeze one and serve the other on the spot.





Photographs: Dieter

CHICKEN PIES IN POTATO CRUSTS

You can heat one or two of these casseroles in a small counter-top oven—

1 24-ounce package frozen shredded hash brown potatoes
6 tablespoons butter *or* margarine, melted
1½ teaspoons salt
⅛ teaspoon pepper

• • •

½ cup chopped onion
¼ cup butter *or* margarine
¼ cup all-purpose flour
2 teaspoons instant chicken bouillon granules
1 teaspoon Worcestershire sauce
½ teaspoon dried basil, crushed
2 cups milk
3 cups chopped cooked chicken *or* turkey
1 cup frozen peas

Thaw the potatoes by pouring boiling water over them. Drain well; pat dry with paper toweling. In bowl combine potatoes, the 6 tablespoons melted butter or margarine, salt, and pepper. Press mixture in bottom and up sides of 6 ungreased 10-ounce casseroles.

In saucepan cook onion in the ¼ cup butter or margarine till tender but not brown. Stir in flour, bouillon granules, Worcestershire, and basil. Add milk; cook and stir till thickened and bubbly. Stir in the chicken or turkey and the peas. Divide mixture among the potato-lined casseroles. Refrigerate casseroles several hours, if desired. Bake, uncovered, in a 375° oven for 30 to 35 minutes or till potato crusts are lightly browned. Makes 6 servings.

TOSTADA-STYLE LASAGNE

2 pounds ground beef
½ cup chopped onion
1 28-ounce can tomatoes, cut up
1 8-ounce can (1 cup) tomato sauce
1 teaspoon dried oregano, crushed
1 teaspoon chili powder
½ teaspoon crushed dried red pepper
1 15½-ounce can red kidney beans, drained
8 lasagne noodles, cooked, drained, and halved crosswise
4 cups shredded Monterey Jack cheese (16 ounces)
Shredded lettuce
Broken tortilla chips
Cherry tomatoes, halved

Cook meat and onion till meat is browned and onion is tender. Drain off fat. Stir in *undrained* tomatoes, tomato sauce, 1½ teaspoons *salt,* oregano, chili powder, and red pepper. Simmer, uncovered, 25 minutes, stirring occasionally. Stir in beans. In each of two 10x6x2-inch freezer-to-oven baking dishes, arrange *one-fourth* of the cooked noodles crosswise and spread with *one-fourth* of the meat mixture. Sprinkle *half* of the cheese atop each. Top with remaining noodles and meat mixture. Cover tightly. Seal, label, and freeze.

To serve, bake frozen casserole, covered, in a 400° oven for 1½ hours. Uncover and bake 10 minutes more. (To bake without freezing, heat casserole, covered, in 350° oven for 15 minutes. Uncover and bake 10 minutes more or till hot.) To serve, pass lettuce, tortilla chips, and tomatoes to sprinkle atop. Makes 2 casseroles, 4 to 6 servings each.

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(Frank Kirtien Jr., Vice-President of Nettie's Flower Garden, wreathed in smiles.)

"Contrary to popular belief, life in the flower business is no bed of roses.

"It's a jungle out there.

"And although, as Vice-President of the largest flower business in St. Louis, I'm an expert on the likes of Floridian gladioli, Dutch parrot tulips and South American carnations, what I used to know about media buying did not amount to a hill of beans.

"So, like my competition, I depended on radio, local newspapers and the inevitable neighborhood grapevine.

"But as my business began to branch out from corsages to conventions, bouquets to banquets, I wanted a media buy that would reach more successful businessmen without nipping too far into my advertising budget.

"Then last year, my advertising agency—Harris McKenna Meng—told me about MNI.

"Magazine Networks, they said, is an inexpensive way to buy national upscale magazines in compatible local groups. With networks you can choose demographically, geographically, even psychographically. In markets as local and diverse as Denver, Rochester, Kansas City and Miami.

"So in the past year, ads for Nettie's appeared in magazines like Better Homes and Gardens, House & Garden and House Beautiful.

"And our business has grown bigger than ever, while—unfortunately—the flower industry in general has wilted slightly. If there's a smell sweeter than roses, it's success."

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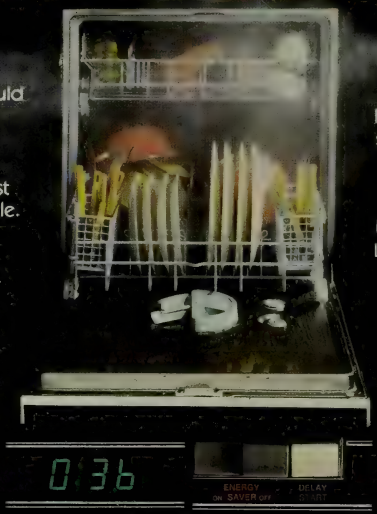
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begins on page 114

Tomatoes

Every spring, garden centers and nurseries offer a wide and often confusing selection of tomato seedling varieties. To help you pick the best variety for your garden, we've broken down the most commonly available tomatoes into five classifications: large salad, main crop, cocktail, paste, and exotic.

Large salad tomatoes: The large salad tomato varieties are probably the most popular tomato classification. With good care they will produce jumbo fruits that may average a pound or more when ripe. These mouthwatering tomatoes are ideal for salads and sandwiches. Most large salad tomatoes continue to grow and produce fruit right up until frost. Some of the most common large salad varieties include: Bragger, Beefsteak, Ultra Boy VFN, Wonder Boy VF Hybrid, Better Boy Hybrid VFN, Burpee's Big Girl Hybrid VF, Beefmaster Hybrid VFN, and Burpee's Big Boy Giant Hybrid.

Main crop tomatoes: If you want a lot of tomatoes, be sure to include some of the main crop varieties in your garden plan. These varieties produce large quantities of medium-sized fruits. Popular main crop tomatoes include: Burpee's VF Hybrid, Burpeeana Early Hybrid, Fantastic Hybrid, Supersonic, Floramerica Hybrid VF, Big Set VFN, Terrific VFN, Vineripe VFN, Rutgers, Marglobe, and Manalucie.

Cocktail tomatoes: The cocktail tomatoes generally produce fruits that are under an inch or two in diameter. The tomatoes are extra sweet and flavorful when eaten whole. If you're short on garden space, try growing a few cocktail tomatoes in pots, tubs, or hanging baskets. Cocktail tomatoes are usually more prolific than their larger cousins. Popular cocktail varieties include: Sweet 100 Hybrid, Small Fry Hybrid, Burpee's Pixie Hybrid, Sugar Lump, Tiny Tim, Basket Pak, Gardener's Delight, Red Pear, Yellow Pear, and Red Cherry.

Paste tomatoes: The paste tomatoes are highly productive and extremely hardy. Many are pear-shaped or square. They produce firm, meaty fruits ideal for canning and preserving. Some of the most popular varieties include: Campbell 28 F, Heinz 1350, Roma VF, San Marzano, Square Paste, and Red Top.

Exotic tomatoes: The exotic tomatoes (often called the low-acid tomatoes) produce pink, orange, yellow, or white fruits. If you want to grow a really unusual tomato, be sure to grow one of the exotics. Some popular varieties include: Oxheart (pink), Ponderosa (pink), Burpee's Jubilee (orange), Sunray (orange), Golden Boy (yellow), and White Beauty (white).

TOMATO TERMINOLOGY

When you buy a tomato plant, be sure to read the plant label first. It will tell you the variety name, maturity date, and disease resistance of each plant. Some labels also will tell you if the variety is a determinate or indeterminate plant. Here's some of the important information that plant labels can reveal.

- **Maturity date.** Most tomato seedlings take about 70 days to mature after they are planted in the garden; this time period is referred to as the plant's maturity date. If you live in an area with a short growing season, you may want to include a few early-bearing tomatoes in your garden plan. Many of these varieties will produce fruit in only 55 days. The most popular early tomatoes include: Early Girl Hybrid, Burpeeana Early Hybrid, Early Bird, Sub Arctic Maxi, Veemore, Rocket, and Pixie.
- **Determinate.** If a tomato plant is marked determinate, that means it stops growing after it reaches a certain height. A determinate tomato requires little staking or supporting and should never be pruned. Because most determinate tomatoes produce the bulk of their fruit at one time, they're ideal for canning. Some commonly planted determinate tomatoes are: Spring Giant Hybrid, New Yorker, Bonus VFN, Heinz 1350, Floramerica Hybrid VF, Roma VF, and Small Fry Hybrid.
- **Indeterminate.** Unlike determinate varieties, indeterminate tomatoes continue growing throughout the season. As a rule, indeterminates take longer to mature than determinate tomatoes but will produce fruit continuously right up until frost. Indeterminate varieties respond well to caging, staking, and pruning. Just a few of the many popular varieties include: Better Boy Hybrid VFN, Burpee's Big Boy Giant Hybrid, Beefmaster Hybrid VFN, Fantastic, Vineripe VFN, Rutgers, Bragger, Ultra Boy VFN, Manalucie, Sweet 100 Hybrid, and Ponderosa.
- **F.** A capital F following the variety name means that the variety is resistant to fusarium wilt, a common disease of tomato plants. Fusarium wilt causes wilting and yellowing on the lower part of the plant and eventually kills the entire plant.
- **V.** A capital V following the variety name means that the variety is resist-

continued

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continued

Tomatoes

ant to verticillium wilt, which is not quite as common as fusarium wilt. Verticillium wilt causes older leaves on the plant to yellow gradually and eventually fall off. The plants often live through the summer, but the fruit is misshapen and unusable.

● **N.** A capital N after the variety name means that the variety is resistant to root nematodes. Suspect nematodes if the tomato plant becomes stunted and its foliage wilts during the day. If you uproot a nematode-infested plant, you'll find knots or galls along the roots.

Some of the newer tomato varieties have been developed to be resistant to all three of the above diseases. These tomatoes are always marked with a VFN and include Vineripe, Big Set, Beefmaster Hybrid, Better Boy Hybrid, Bonus, and Terrific.

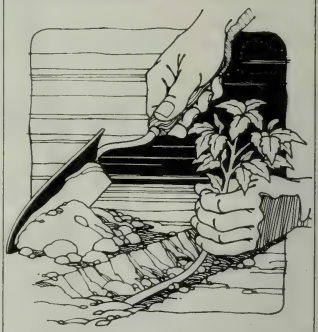
Keep in mind, however, that tomato varieties not designated VFN may produce just as well as the VFN varieties. Most tomato diseases only occur when humidity and rainfall levels are above normal. And because these conditions vary from year to year, you might want to plant both VFN and non-VFN varieties.

HOW TO CHOOSE AND PLANT TOMATO SEEDLINGS

When you shop for any young tomato plant, always pick short, stocky plants with a healthy appearance and bright green color. Tall, spindly plants take longer to get established in the garden. Also, always remember that tomatoes cannot tolerate cool temperatures and should not be planted until all danger of frost has passed and the soil has warmed.

Before you put your plants in the ground, remove them from their plastic growing containers. To do this, grasp the base of the plants with one hand and turn the container upside down. Most of the time the plants will just slip out, but if you have trouble, gently tap the bottom of the container with a trowel. If the plastic is thin, it might be easier to tear the container away from the roots rather than try to knock the plants out.

After removing your plants from their growing containers, separate them so they can be planted at the proper intervals in the garden. Use a sharp knife and cut around each plant, gently pulling and working the roots free. Keep the soil moist at all times so it won't fall away from the roots.



To plant your seedlings, dig a hole slightly larger than the root ball of the plant. If the roots of the plant are

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tightly compacted, gently loosen them and place them in the hole. Fill in with soil, then water heavily to eliminate air pockets around the roots. Plant overly tall seedlings so the stems run lengthwise just under the surface of the soil. This way, the roots will develop along the entire stem and give the plant an extra boost of growing power.

When transplanting tomato plants into the garden in early spring, it's important to protect them from high winds and cool temperatures. The easiest way to provide protection is to cut the bottom from a gallon plastic milk bottle and place it over the seedlings at night. Leave the cap of the container off at all times and be sure to remove the entire container during the day to prevent overheating. If you don't have plastic milk containers, you can substitute coffee cans with their ends cut out. In a week or so, when the seedlings start to show new growth and the weather settles, remove the protection completely.

For best growth, mulch your tomato plants at planting time with several inches of leaves or straw. Or, use black plastic sheeting. If you choose to use the black plastic, be sure to punch small holes through it for drainage.

PRUNING AND SUPPORTING

You'll get better harvests and save valuable garden space if you grow your tomatoes vertically on a trellis, fence, or other type of support.

One of the most popular ways to support tomatoes is with a wire tomato cage. Place the cage around the young tomato plant at planting time. Then as the plant grows, it will be forced to grow up and out of the way.

You can buy commercial tomato cages at most garden supply stores, or you can make your own out of concrete reinforcing wire. Just be sure the finished cage is at least four feet tall to accommodate the mature tomato plant. Stake the cages so they won't tip over in high winds. Space caged tomato plants 2½ feet apart in rows three feet apart. Although they usually outproduce staked plants, cage-grown tomato plants start bearing fruit a little later in the season.

If you're really short on growing space and you enjoy early tomatoes, try training your tomato plants to a stake or in a row trellis. To do this you'll have to prune each plant back as it grows, allowing only a few stems to develop completely. The more you prune, the less harvest you'll get, but your tomatoes will be earlier and larger than cage-grown tomatoes.

To prune your tomato plants, remove the side shoots or suckers as they appear on the plant. These suckers form in the leaf axils of the main stem. Pinch the suckers off while they're still young. If you remove every sucker as it appears, you will eventually have a single-stem tomato plant. For more stems, let one or more of the healthiest suckers develop from the base of the plant. Tie the remaining stem or stems to their support structure with twine or strips of cloth.

Space staked or trellised tomato plants about 15 inches apart in rows two feet apart. If you like, you can plant your staked tomatoes single file along a wire or chain link fence.

In the fall, remove all dead tomato vines and clean and store all supports. This will prevent disease carry-over.



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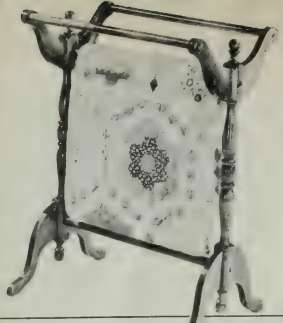


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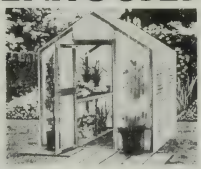


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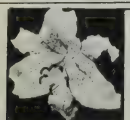
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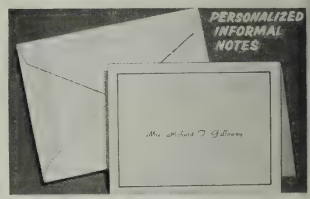
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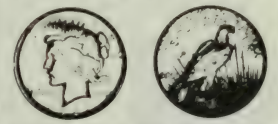
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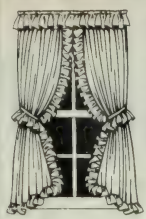
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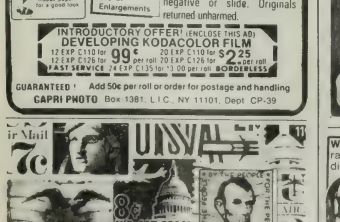
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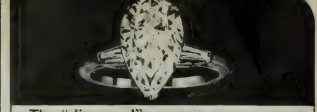


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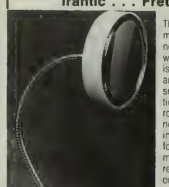
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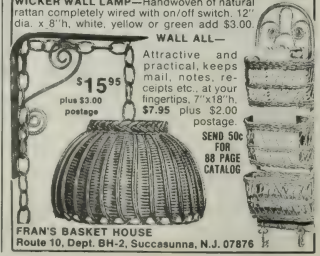


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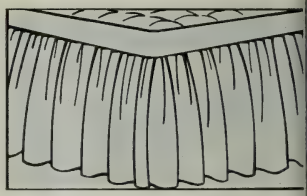


FRAN'S BASKET HOUSE
Route 10, Dept. BH-2, Succasunna, N.J. 07876



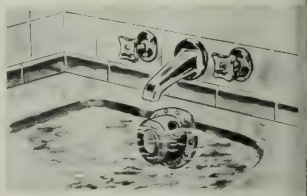
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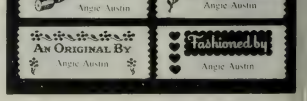
Opaque poly/ctn muslin, split corners, matching platform. Machine wash, no-iron. Nat. or Wht. 18"Tw., $28.50; Dbl., $31; Qu., $38.50. 22"Tw. $31; Dbl., $34; Qu., $41. Post. $2.50. Color Cat. free. Colonial Maid Curtains, BH-2, Depot Plaza, Mamaroneck, NY 10543.



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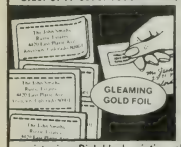
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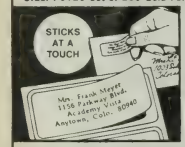
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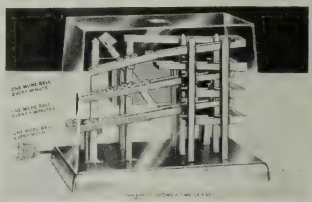
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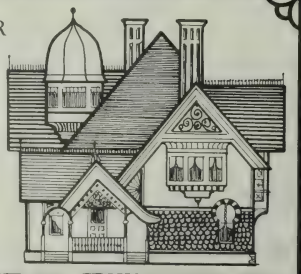


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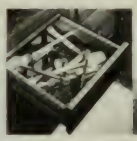
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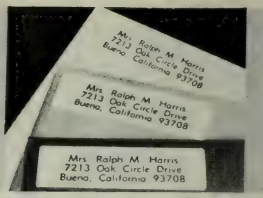
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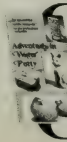
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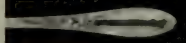




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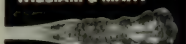
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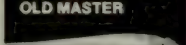




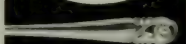


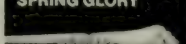


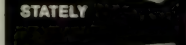


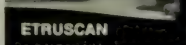


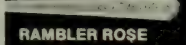


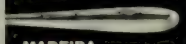
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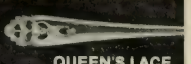
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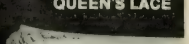
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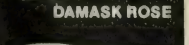
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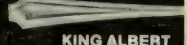
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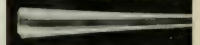


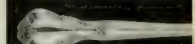


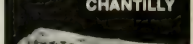






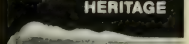


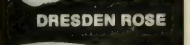




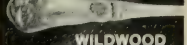


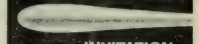
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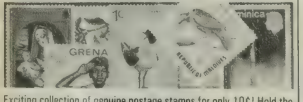
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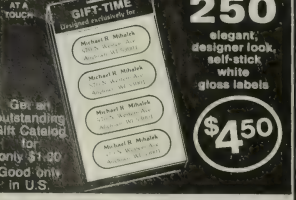
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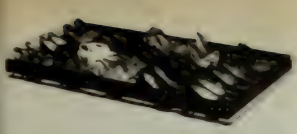


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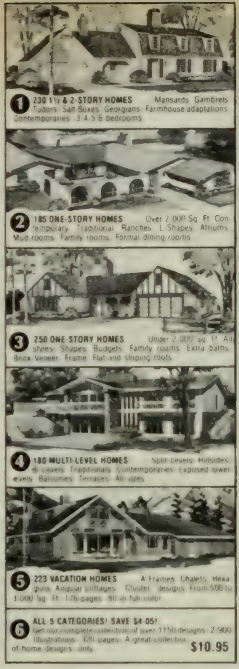
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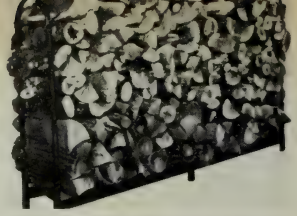
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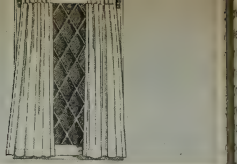
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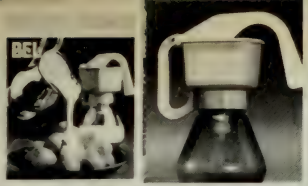
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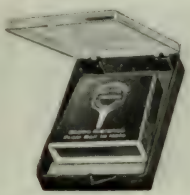
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(4) LEATHER-LIKE BASKET SET / This heavy hand woven set has a soft brown, tan & beige pattern with a leather-like touch & appearance . . . Expertly crafted in the Islands from Banana & Palm Fronds. Extremely durable and unbeleveably priced. Set of 4. Approx. 13" x 12" / 11 x 11" / 9" x 9" / 7" x 7" (add $4. P&H ea.) $12.95

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(6) GLAZED HEAVY STONEWARE URN / Tall 15" height will add additional height to any preserved plant or dried flower bouquet, even an umbrella stand, beautiful brownstone or ivory. (specify) (add $3. P&H ea.). $12.95

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The Man Next Door®

Bill Norman, just back from a cruise, says he discovered that vacationing is a surefire way to lose weight—about a pound of money a day.

Elizabeth Parkins, who teaches college history, says that her sophomores are writing much longer term papers these days. She attributes the change not to broader research but to electric typewriters.

We all need friends in lean times. That's why I keep plenty of seed in our winter bird feeder for the feathered vocalists whose summertime songs give us so much pleasure.

Tom Hawkins says he considered himself a competent cook until he tried to surprise wife Susan with a one-month anniversary cake last week. But after spilling batter inside the oven and setting off the smoke detector, Tom decided to pick up a cake at the bakery instead.

"Never lose your dignity," Grandma Hillis counseled after our Judy had an argument with her brother. "You never know when it just might come in handy."



"Sure it's loaded with preservatives, but at our age we need all the preservatives we can get."

"Look, Daddy," Billy Simpson, aged three, shouted as he peeked out the window one night, "The sun's gone to sleep and the moon's awake."

Chris asked little Betsy Nardman to remove her gum at the library the other day, but Betsy demurred. "My mouth gets bored when I'm not chewing," Betsy pleaded. Our Judy had a similar problem at Betsy's age—only Judy coped by keeping her mouth busily engaged in nonstop conversation.



"Belongs to a lunch-hour joggers club . . ."

Burt, Jr., reports that he truly loves the idea of shoveling snow and mowing the lawn. Unfortunately, he yearns to scoop the white stuff in summer and dreams of trimming the grass in the dead of winter.

Bill Hiken is our neighborhood letter carrier—and has been for years. He'll be retiring at the end of the month, and the families on our street are planning a surprise party for him this Saturday evening.

For Christine and me, Bill has been a member of the family since he introduced himself to us the first day we moved into our new home here. When Carl Koenig spent a month in the hospital one summer, it was Bill who paused in his rounds to turn on the lawn sprinkling system for Carl's wife Nell. And when the skies looked like rain, Bill was the one who would roll up the windows of Grandma Kimberly's car to save her a trip down the long flight of steps in front of her house.

Bill was as concerned as any of us during the year that Jack and Julia Warren's son Pete was serving with the Marines in Vietnam. When Bill noted a letter from Vietnam, he rang the Warren's doorbell with joyous vigor instead of dropping off the mail as usual.

Pete will be there Saturday night with his young wife and baby daughter to say thanks to Bill along with the rest of us.

Bill Hiken is clearly a rare type of individual, yet I hope there will always be others like him around—whether they are doctors or mechanics, lawyers or waitresses. What distinguishes people like Bill from the pack? Concern and caring—about the quality of the job they do and about the human needs of the people they serve.

I realize that in the pressure cooker many of us have to live in each day, we can't all be lucky enough to know a Bill Hiken—let alone be one ourselves. But if only we would make the effort, how much more habitable a place this world would be.

Burton Hillis



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This is the "before" and "after" photograph of a Dry-Hard problem solved by Electrasol. To create this Dry-Hard we left chocolate pudding on this dish to dry on, overnight. Then Electrasol went to work, in a dishwasher loaded with Dry-Hards.

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The taste high tar smo
want in a low tar.

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Source comparative 'tar' and nicotine figures: Either FTC Report May 1978, or FTC M
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette. G
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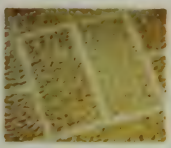
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gradually building up the
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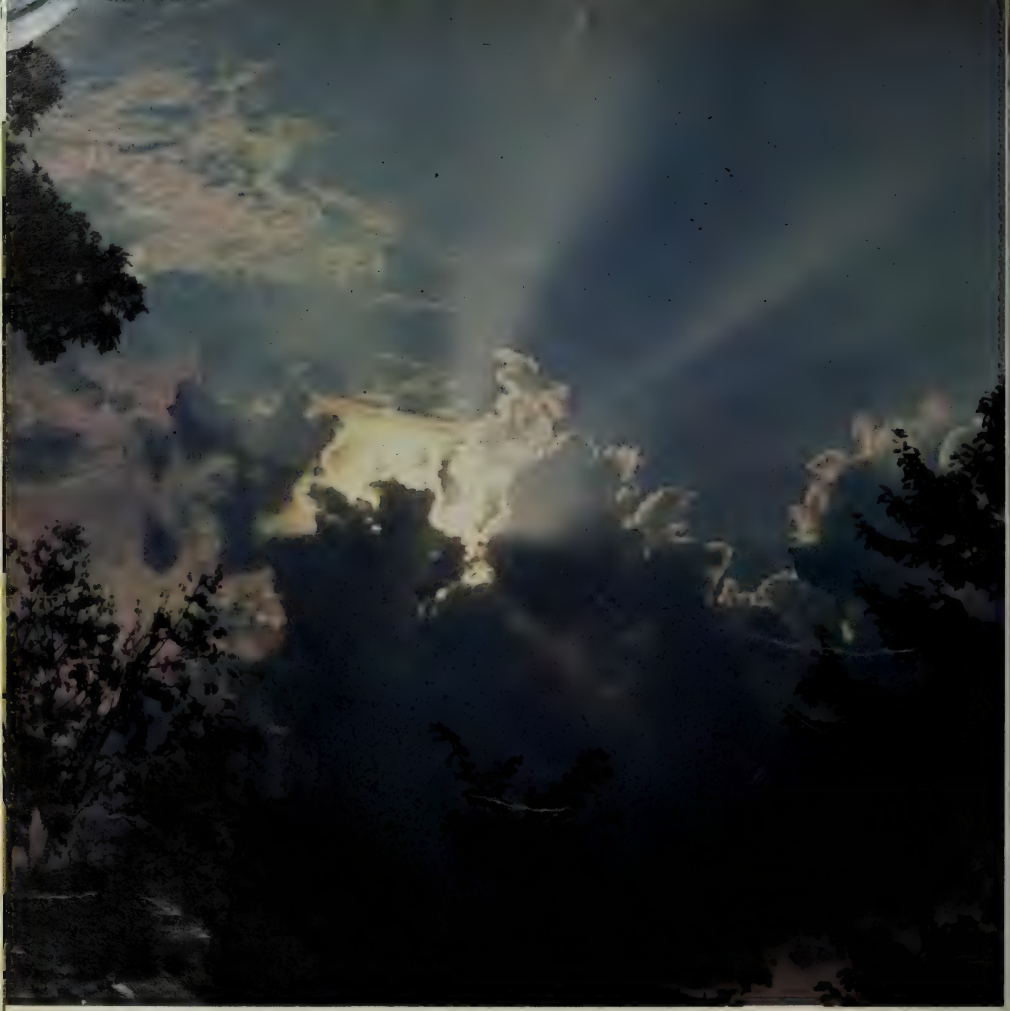
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And the Furniture Refinisher does not remove the wood's patina or raise the grain the way strippers and paint removers do. Raising the grain ruins the patina and the patina is what gives fine old furniture that rich glow and warmth.

If you strip your furniture, you strip away the patina and this destroys your furniture's value.

After you've refinished the piece, go over one more time with clean Refinisher. Rub with the grain, to remove any streaks

Then, go over the piece with dry steel wool, to prepare th surface for Tung Oil.



Homer Formby's Tung Oil seals your furniture. Unlike ordinary varnish which is brushed on top, Formby's Tung Oil is hand-rubbed in. Hand rubbing is the way master craftsmen have done it for centuries. And Homer's Tung Oil is made so it's easy for you to get that hand-rubbed look. Now you're finished. There's no sanding, scraping, or wood-filling.

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Better Homes and Gardens

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Getting the look you like for less

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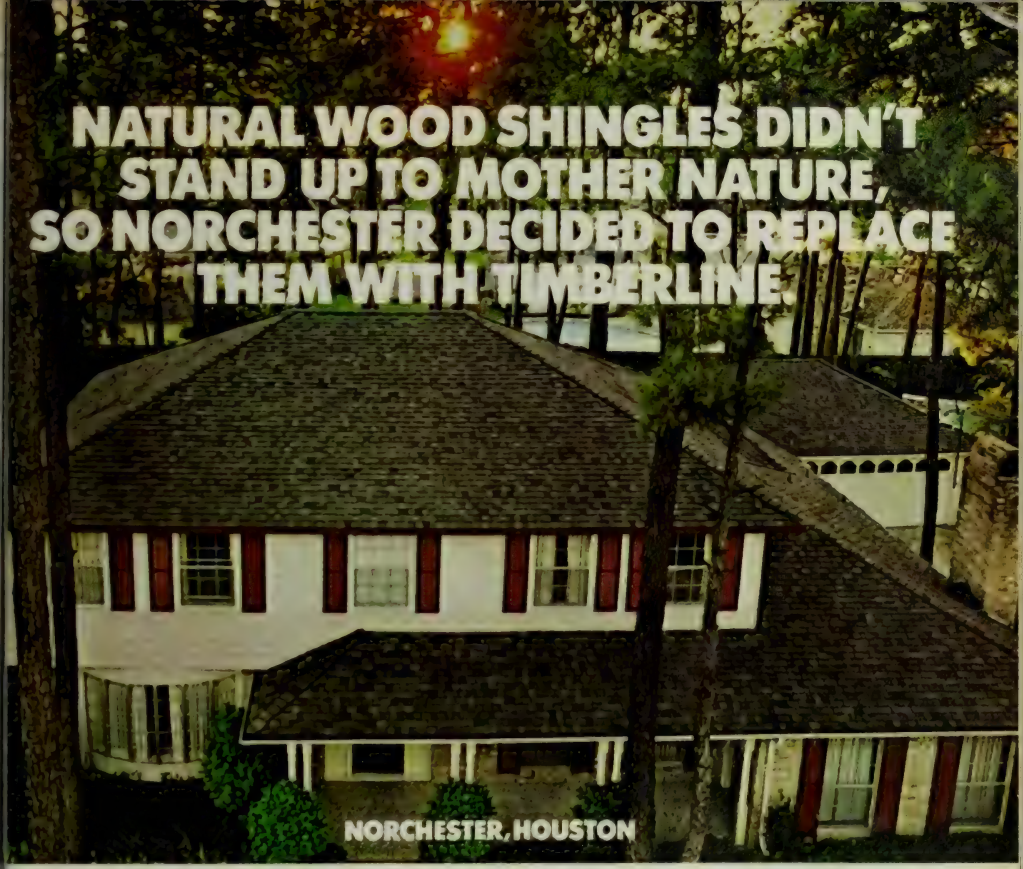
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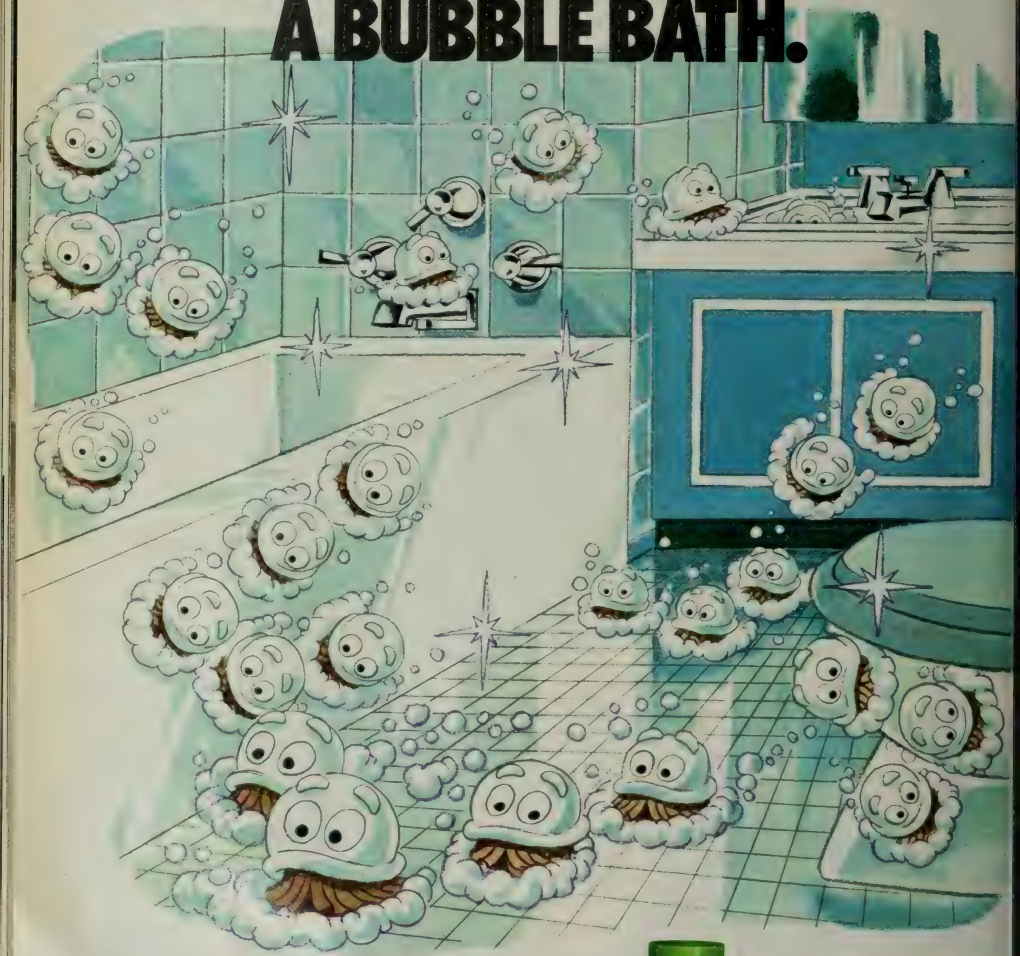


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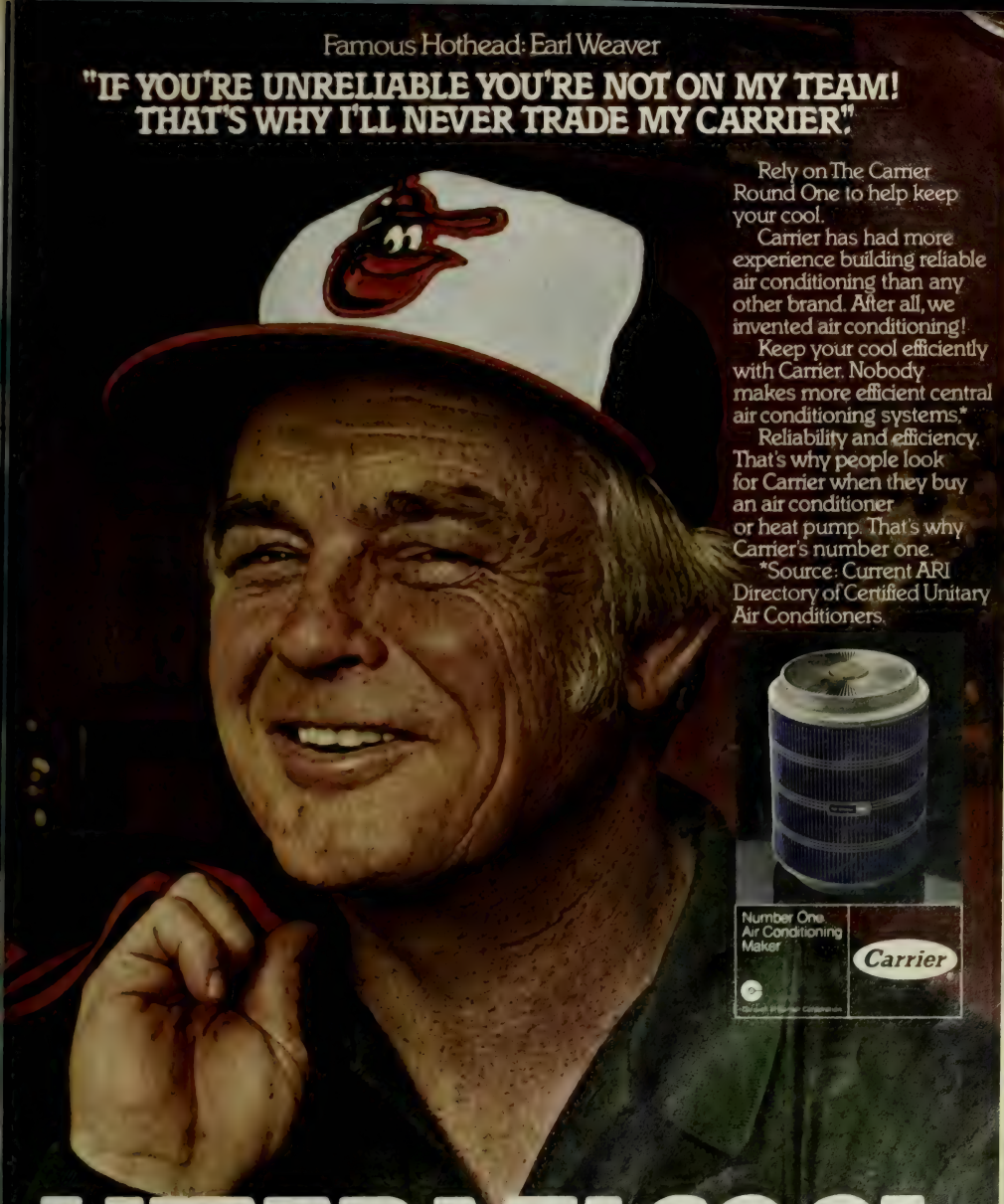


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Is Government Helping or Hurting American Families?

Unlike most other major industrialized countries, the U.S. has never had a national family policy or office to assess the impact of legislation and policies on families. Yet, laws passed and policies set at all governmental levels profoundly affect family well-being, directly and indirectly.

Other major industrial countries not only have national family policies, but also a variety of programs to help parents rear their children. Some countries provide direct financial assistance in the form of family allowances and child care grants to working mothers who take extended leaves of absence to care for young children. Others provide universal maternal and child health care, paternity leave for new fathers, and quality child care facilities.

Office for Families

America has lagged far behind in positive programs. Indeed the U.S. has traditionally favored remedial aid to patch things up after families have gotten into trouble. However, that attitude may be changing. Last fall, President Carter announced the formation of a new Office for Families within the Department of Health, Education, and Welfare. "Many families have been strained to the breaking point by social and economic forces beyond their control," Carter said. "Some have been broken. The tragic results are all around us—in alcoholism, in drug abuse, in social alienation." The new Office, he explained, is directed to "provide the focal point for the development of federal policies and programs affecting families." We applaud this important initiative.

White House Conference on Families

The Office for Families is also directed to prod Congress, federal bureaus, and state and municipal governments into adopting the recommendations of the previously mandated White House Conference on Families. This Conference was called by President Carter to "examine the strengths of American families, the difficulties they face, and the ways in which family life is affected by public policies."

To make certain that Conference recommendations truly reflect the concerns of American families, last fall and winter the Conference Advisory Committee held seven sets of public hearings in locations across the country. In addition, states are holding their own conferences on families at which delegates are being selected to attend the three White House Conference sessions this summer in Baltimore, Minneapolis, and Los Angeles.

Already many organizations have testified at hearings and will participate in other activities. Family needs and concerns differ according to family structure and cultural, ethnic, religious, economic, and even regional distinctions; there are appropriate special interest organizations to speak for these family groups.

But what about the unaffiliated middle-class American families who share values and priorities but are not aligned with any of these organizations and causes? Who is there to express the opinions of the "silent majority," the people traditionally regarded as the backbone of the country? Chances are pretty good that you fit into this category. The majority of *Better Homes and Gardens* readers do. Here's how you can voice your concerns.

Tell us what you think

Following is a three-page questionnaire that asks your opinions about the impact of government—federal, state, and local—on your family and other middle-class families. We ask that you fill it out and return it to us. (Your name and any other personal information will be kept strictly confidential.) We'll compile the results and convey them to the White House Conference on Families.

Knowing the ways of government, we're not naive enough to expect immediate results. However, we believe the White House Conference on Families is an important beginning.

Is Government Helping or Hurting American Families?

1. What do you think is the general effect of government policies on middle-class families like yours?
10-1 ☐ Helpful 2 ☐ Harmful 3 ☐ No impact

2. Do you think government policies during the next five years will cause your family's purchasing power:



11-1 ☐ To rise faster than the cost of living, resulting in a higher standard of living for your family
2 ☐ To stay even with the cost of living
3 ☐ To fall behind the cost of living, resulting in a lower standard of living for your family
4 ☐ Do not think policies affect the cost of living

3. Would you approve or disapprove of a rollback in property taxes in your community if the reduction meant essential community services—i.e. schools, police, fire department, etc.—would be curtailed?
12-1 ☐ Approve 2 ☐ Disapprove

3a. Would you approve or disapprove of establishing a ceiling on your local property tax even if some essential community services would eventually be reduced?
13-1 ☐ Approve 2 ☐ Disapprove

4. The present tax law requires that many two-income married couples pay more federal income tax than if they were single. Changing the law to allow working spouses to file returns as single persons could reduce U.S. government revenues as much as $5 billion. How do you feel about this?
14-1 ☐ I'm in favor of the present law
2 ☐ The law should be changed
3 ☐ No opinion

5. Although leading economists disagree about what steps would reduce the rate of inflation, which policies do *you* think government should adopt to check inflation? *(Check all that apply.)*
15 ☐ Impose wage and price controls
16 ☐ Increase taxes
17 ☐ Increase interest rates and limit the money supply
Reduce expenditures for:
18 ☐ Military and defense purposes
19 ☐ Medicare/Medicaid
20 ☐ Social aid programs
21 ☐ Foreign aid
22 ☐ Business and agricultural subsidies
23 ☐ Federal highways
24 ☐ Government employees
25 ☐ None of the above



6. From the standpoint of your own family's future financial welfare, which of the following worry you seriously? *(Check all that apply.)*
26 ☐ Recession/depression
27 ☐ Inflation
28 ☐ Runaway energy costs
29 ☐ Unemployment
30 ☐ Other

7. To help keep the social security program solvent and to keep increases in the payroll tax down, should some benefits be paid from the general tax fund—even though that might raise income taxes?
31-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

8. Do you think that all American families should have equal access to good-quality health care, regardless of their ability to pay?



32-1 ☐ Yes
2 ☐ Yes, but not if my taxes have to increase to pay for it
3 ☐ No—such a goal is impossible for our system

9. Would you like to see the government act to control the increasing costs of health care for families like yours by: *(Check all that apply.)*
33 ☐ Instituting a tax-supported national health insurance plan covering *illness of all types*
34 ☐ Instituting a tax-supported national health insurance plan that covers *major illnesses only*
35 ☐ Placing limits on hospital cost increases
36 ☐ Encouraging more health care alternatives like HMOs (prepaid health care plans)
37 ☐ None of the above

10. Is the government doing a satisfactory job of:
Alerting the public to possible cancer-causing agents in environment, workplace, foods and drugs?
38-1 ☐ Yes 2 ☐ No 3 ☐ Don't know
Researching new treatments and cures for major diseases such as cancer and heart disease
39-1 ☐ Yes 2 ☐ No 3 ☐ Don't know
Developing and enforcing product safety standards
40-1 ☐ Yes 2 ☐ No 3 ☐ Don't know
Regulating advertising directed at young children
41-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

11. Are you satisfied with the way government is dealing with crime in this country?
Courts are:
42 ☐ Too lenient 44 ☐ Too inconsistent
43 ☐ Too harsh 45 ☐ Performing satisfactorily
Police are:
46 ☐ Too lenient 48 ☐ Too inconsistent
47 ☐ Too harsh 49 ☐ Performing satisfactorily

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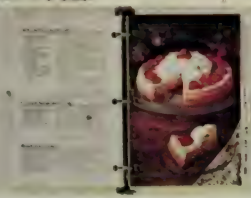
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Is Government Helping or Hurting American Families?

12. Do you think that more instruction in the following areas by the schools would help youngsters cope with the responsibilities of family life?
(Check all that apply.)
50 ☐ Sex education
51 ☐ Marriage and family life
52 ☐ Child development
53 ☐ Instruction in family financial matters (such as how to do a household budget)
54 ☐ Some type of morality/values instruction
55 ☐ None of the above

13. Do you think busing programs intended to achieve a racial balance in the schools affect neighborhood ties and family life?
56-1 ☐ Yes, for the better
2 ☐ Yes, for the worse
3 ☐ Yes, for the worse but worth it for other reasons
4 ☐ Have had no real effect

14. Do you think government should help middle-income college students and their families by:
57 ☐ Easing restrictions on income and assets to make more students from such families eligible for tax-funded grants
58 ☐ Awarding merit scholarships regardless of family income and assets
59 ☐ Making college expenses tax-deductible
60 ☐ Providing low-tuition college education to anyone who wants it through tax funding
61 ☐ None of the above



15. The availability of mortgage money (and level of interest rates) is influenced significantly by changes in governmental economic policies. Do you think that government should:
Set limits on mortgage interest rates even though that might mean less (or no) money would be available for home mortgages
62-1 ☐ Yes 2 ☐ No 3 ☐ Don't know
Allow free-market forces to operate without influence
63-1 ☐ Yes 2 ☐ No 3 ☐ Don't know
Make home buying as easy as possible for young families by subsidizing payments for first-home mortgages with tax money
64-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

16. Should the government help first-time home buyers by exempting from income tax any earnings deposited in savings allocated for a down payment on a home?
65-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

17. Certain local government regulations such as minimum-width street requirements, minimum lot sizes, environmental impact surveys, smoke detectors, etc., add substantially to the cost of mid-priced single-family houses. Do you think such regulations should be eased in view of today's high housing costs?
66-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

18. Because of the energy shortage, even more nuclear power plants may be built. Do you think the increased availability of energy generated by nuclear power is worth the possible dangers to your family from a nuclear plant malfunction?
67-1 ☐ Worth the risk 3 ☐ Don't think there is a risk
2 ☐ Not worth the risk 4 ☐ Don't know

19. Which of the following, if any, would you like to see employers adopt (or expand) to promote family solidarity?
(Check all that apply.)



68 ☐ Four-day work week (10-hour days)
69 ☐ Flextime (employees work full time but have some choice of starting and quitting times, within prescribed guidelines)
70 ☐ Sick leave for parents when children are ill
71 ☐ Part-time employment with fringe benefits, seniority, etc., comparable to benefits of full-time employees
72 ☐ Job sharing (two people share one job to allow more time at home)
73 ☐ Paying part of the cost when spouse and/or children accompany employee on a business trip
74 ☐ Minimizing transfers that involve moving
75 ☐ Avoiding weekend and after-hours job requirements
76 ☐ None of the above

19a. Should the government encourage the above programs through tax and other incentives to employers?
77-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

20. Federal law requires employers with 15 or more employees (some states may have a lower minimum requirement) to provide a paid leave of absence to new mothers before and after the child is born. Should the government encourage employers to grant new *fathers* a two- or three-week paid leave when the child is born?
78-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

21. Twenty percent of eligible child care costs, up to $400 per year for one child under age 15 or $800 for two or more, may be taken by working parents as a credit on their federal income taxes. Do you feel:



79-1 ☐ These amounts are unrealistic—they do not accurately reflect child care costs; amounts should be increased
2 ☐ These amounts are reasonable now but should be adjusted every few years to allow for inflation
3 ☐ This policy is reasonable as it now stands
4 ☐ The government should grant no tax credits for child care
5 ☐ No opinion

continued

Is Government Helping or Hurting American Families?

22. What do you think government policy toward day-care centers should be?

10 ☐ Give tax breaks to companies that provide on-premise day-care facilities for employees' children

11 ☐ Create more government-subsidized day-care centers

12 ☐ Modify current regulations to encourage development of more private day-care centers

13 ☐ Government should not be involved at all in day-care center programs

14 ☐ Day-care policy should remain as it is



23. Almost all industrial countries except the United States have some kind of "child allowance"—payments to families for each child to help cover some of the costs of rearing children. Do you think the U.S. government should pay "child allowances"?

15-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

24. Contrary to the intention of foster care policies to provide *temporary* child care, many children are growing up in foster homes. Many of these children could be released for adoption if courts had the authority to terminate the rights of absent or unfit parents after a reasonable period of time. Do you think courts should be given this authority?

16-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

25. Older, handicapped, and other "hard-to-place" children often are raised in a succession of government-compensated foster homes. Do you think government should encourage adoption of these children by continuing to subsidize the cost of their care after they are adopted?

17-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

26. Would you like to see government concern itself more with American families through its policies?

18-1 ☐ Yes, government can and should do more through new programs or expansion of existing programs

2 ☐ No, present policies are adequate

3 ☐ No, I want government out of my life as much as possible

4 ☐ No opinion



27. Who filled out this questionnaire?

19-1 ☐ Male head of household

2 ☐ Female head of household

3 ☐ Both

4 ☐ Other

28. Is the female head of household employed outside the home?

20-1 ☐ Full time 3 ☐ Not at all

2 ☐ Part time 4 ☐ No female head of household

29. Age of respondent(s):

21-1 ☐ Under 35 years 3 ☐ 55 years and over

2 ☐ 35 to 54 years

30. Are you:

22-1 ☐ Married 3 ☐ Single

2 ☐ Widowed, separated, divorced

31. Do you have children:

23 ☐ No children 25 ☐ 13 to 18 years

24 ☐ 19 years and over 26 ☐ 12 years and under

31a. For child care does your family use day-care centers?

27 ☐ Regularly 29 ☐ Seldom

28 ☐ Sometimes 30 ☐ Never

32. Is your family income:

31-1 ☐ Less than $10,000 5 ☐ $25,000 to $29,999

2 ☐ $10,000 to $14,999 6 ☐ $30,000 to $34,999

3 ☐ $15,000 to $19,999 7 ☐ $35,000 and over

4 ☐ $20,000 to $24,999

33. What was the highest level you completed in school?

32-1 ☐ Grade school 4 ☐ Some college

2 ☐ Some high school 5 ☐ Graduated college

3 ☐ Graduated high school 6 ☐ Postgraduate work

34. Where you live, do you:

33-1 ☐ Own your home 3 ☐ Rent a house

2 ☐ Rent an apartment 4 ☐ Other_____

35. Which of these categories best describes where you live?

34-1 ☐ A large city—over 500,000 population

2 ☐ The suburban area of a large city

3 ☐ A medium-sized city—under 500,000 population

4 ☐ A small city—under 100,000 population

5 ☐ A small town—under 10,000 population

6 ☐ A rural area

Name_____

Address_____

City_____ State_____ Zip_____

35-36 37-38-39-40-41

If you would like to comment on any of the issues we have raised, or on any other issues you think relate to family concerns and government, please use the space below or write your comments on another sheet of paper and attach to this questionnaire. Mail to: Better Homes and Gardens Family/Government Questionnaire, P.O. Box 10664, Des Moines, Iowa 50336. We'll see that the White House Conference on Families hears your concerns.

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To help him make the most of the only growing time he'll ever have.

The first year is a very precious time in your puppy's life. He's growing, becoming an adult. Puppy Choice food for puppies can be a big part of his growing time.

Puppy Choice has higher quality protein than dry puppy food to help your puppy grow up strong and healthy. Because it gives him all the protein he needs when he needs it most.

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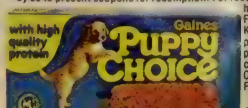
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15¢

If you don't have at least $1,000 to spend on an Audiovox Hi-Comp autosound system, read no further.

By Robert Harris, Technical Director

There are few things in this world that can take a driver out of the traffic jam or away from a gas line, better than great music, well reproduced.

Audiovox understands this. That's why they engineered the Hi-Comp range of high fidelity stereo components designed to produce exemplary sound in automobiles.

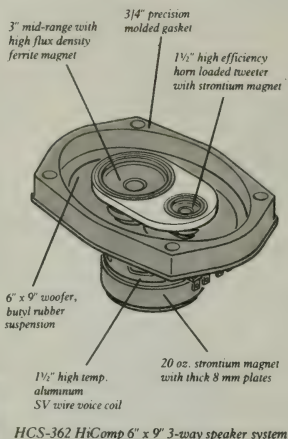
A total range of exotic amplifiers/receivers.

Each model builds on the one before it until you reach the HCM-0010 – the "master system."



HCE-750 HiComp Semi-parametric graphic equalizer

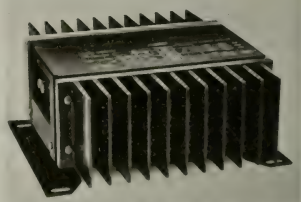
It's an electronically-tuned AM/FM multiplex receiver with a built-in auto-reverse cassette deck. The HCM-0010 has 12-station memory, LED display, built-in quartz clock and an automatic station seek. It also features a CrO_2 switch, Dolby®, FM muting, 4-way stereo balance controls, separate bass and treble controls and a Hard Permalloy tape head. Its looks are straight out of a stereo buff's music room.



HCS-362 HiComp 6" x 9" 3-way speaker system.

4 power-matched speaker systems.

The ultimate is the Hi-Comp 362 system: 6" x 9" three way speakers with 1½" Strontium horn tweeters, 3" mid-ranges, 20-ounce Strontium magnet woofers, 1½" heat proof aluminum voice coils, and a 70 to 18,000 Hz response range with crossovers at 2,900 and 9,000 Hz, and a power capacity of 70 watts. Hook these up to the HCM-0010 with the Hi-Comp power amplifier, *HCB-830, 120 watts RMS at less than 0.3% distortion*, and you've got enough sound to pop a moon roof.



HCB-830 HiComp 120 watt 4-channel power amplifier

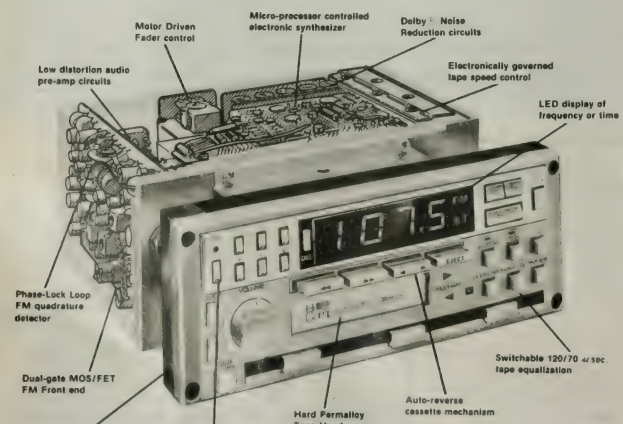
Now for the equalizer.

Apart from a heavy-duty fader control or a dual slide-bar pre-amp, the only other Audiovox Hi-Comp component you might buy is the HCE-750 semi-parametric graphic equalizer with 5 slide-bar response controls and bi-amp capability.

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Probably the finest sound you've heard, *anywhere*. It takes money to get it. But it also takes a lot of specialized dedication. Audiovox only knows how to do just one thing: How to engineer the finest automobile sound systems you've ever heard.

For further information, write to: Robert Harris, Technical Director, Dept. 1F , Audiovox, 150 Marcus Blvd. Hauppauge, New York 11787.



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s a math teacher,
think that the SRA
KILLS LADDER FOR
ASIC MATH is terrific
r children from the
ges of 5 to 12.

My 5-year-old
ves it!"

Lucille Kujawa

Elementary school math teacher
in Houston, Texas

many other math teachers and parents agree wholeheartedly with Kujawa.

t that's not too surprising when you consider that SRA has been a ng publisher of educational materials for America's schools for ars. The big difference in the SRA Skills Ladder™ for Basic Math is it's designed for youngsters to use at home. They can practice ntial math skills in a way that's actually fun with only a little ance and encouragement on your part. Most children can do the cises and check their answers *all by themselves.*

hether it's to give your children a "head start," or an easy and yable way to do some needed "catching up," why not let them see hemselves how much fun mathematics can be. Mail the postcard y for your youngster's free 15-day home trial.





See other side for more details

eturn this postpaid card
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You may send the proper Skills Ladder™ for Basic Math Starter Kit for my child's age group on a 15-DAY FREE EXAMINATION basis without obligation. If not completely satisfied, I may return the Kit after 15 days and owe nothing. Or if I decide to keep the Starter Kit, I may do so for the price of $6.95 plus shipping and handling. Then, each month, my child will receive an additional unit with 25 to 35 Activities Cards, for only $6.95 per section plus shipping and handling. However, I am not obligated to make a minimum purchase once I accept the Starter Kit, and I may cancel my participation at any time.

CHILD'S NAME _____ AGE _____
(PLEASE PRINT)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____

Do you have a telephone? ☐ Yes ☐ No Also serviced in Canada at a slightly higher price.

NOTE: All applications are subject to approval and SRA reserves the right to reject any application.

Better Homes & Gardens K03ME

Introduce your youngster to SRA's

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Reusable plastic overlay lets child check own answers.
Child simply slips card under overlay before doing exercises, then turns card over to check answers. Activities cards can be used again and again.

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From SRA, one of the most respected names in American education... a special invitation for parents who want to help their children excel in school and beyond...

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Here is an opportunity for your youngster to practice and learn important math skills—and have a good time in the process.

SRA's Math Skills Ladder™ program translates the basic concepts of mathematics into a step-by-step series of exercises that are fun to do and geared to the interests and abilities of children in their crucial learning years, ages 5 through 12. Methods and vocabulary in Skills Ladder are consistent with instruction in schools. It is based on a tested SRA program schools use all over the country.

The SRA Skills Ladder™ program contains hundreds of colorfully illustrated Activities Cards divided into separate monthly units. Its first 2 units include counting, writing, adding and subtracting numbers up to 10. Subsequent units expand these acti for numbers up to 100, and go on to simple con of geometry, measuring, telling time, and cou money. And the continuous levels in the Math S Ladder allow your child to progress to more adva math skills—all the way to age 12.

Skills Ladder has been structured so that youngsters just beginning to read can do the cises and check on the answers themselves. older children find the exercises challenging, i esting, and fun. It requires only minimal guid and encouragement.

When you complete and return the postage Free Examination Certificate below, SRA will you the Starter Kit, including:

- **Parents' Guide**
- **30 Activities Cards,** covering basic addi subtraction, counting and writing numbers.
- **Storage Case** with section dividers to orga all cards.
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Your children can use the Starter Kit in your home, for a full 15 days without cost or obliga Then, if you're not completely satisfied, simpl turn the Kit and pay nothing. Or if you do deci continue in the program, you may keep the k just $6.95. Thereafter, you will receive an addit unit each month as explained on the Free Exan tion Certificate. There is no minimum purchas quired, and you may cancel at any time.

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your complete satisfaction wit no risk & no obligation.

Take 15 days to decide



Shown larger than actual size of 2¾" in length.

The First Danbury Mint
Porcelain Easter Egg

- **Fine imported porcelain decorated with lovely spring violets and trimmed with precious 22kt gold.**
- **Limited edition available at original issue price only until Easter Sunday, April 6, 1980.**
- **Attractively packaged for gift-giving.**
- **Priced at only $13.50.**

This Easter, you or someone you care for can become the proud owner of this beautiful art object. Crafted from fine imported porcelain, this charming Easter egg is decorated, on both sides, with delicate spring violets and embellished with a hand-painted band of precious 22kt gold.

This beautiful porcelain egg is a perfect Easter gift which you can display in your home all year round. Each egg is attractively packaged for gift-giving and **shipment for Easter delivery is guaranteed for all orders received by March 17, 1980.**

The First Danbury Mint Porcelain Easter Egg is available only until April 6, 1980. It will not be available in stores. At just $13.50 this could be the start of a delightful collecting tradition.

The First Danbury Mint Porcelain Easter Egg I22

The Danbury Mint
47 Richards Avenue
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Must be postmarked by April 6, 1980.

Please enter my order for **The First Danbury Mint Porcelain Easter Egg.** I have enclosed my remittance as follows:

_____ *quantity* Egg(s) at $13.50 each $ _____

Postage & Handling at $1.50 per egg $ _____

Total Amount Enclosed* $ _____

☐ Check here if any Porcelain Easter Egg is to be shipped to a different address, and please give us specific shipping instructions on a separate sheet of paper. Also include any message for a gift card which we will provide if requested.

Your Name _____

Address _____

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Please make check or money order payable to: Danbury Mint

*Connecticut residents add $1.05 per egg to include sales tax.

Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters...and the pan pops right into the dishwasher for easy cleaning.

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The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. Its thermostat controls the temperature from 200° to 500°F.

The GE Toast 'N Broil Toast-R-Oven® toaster.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

Once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

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GENERAL ELECTRIC

BUILDING

Where to learn energy-efficient

CONSTRUCTION SKILLS

Do you dream of building an addition to your home, or even a whole house, with your own two hands? Or wonder how you might retrofit your home to use the sun for heating? You might see yourself swinging a hammer, wielding a saw, then stepping back to behold your new castle. But it's just a dream right now because you don't have the necessary know-how.

That dream might come true if you take a building course that specializes in energy-efficient construction. You could start with a weekend class on the basics and move on to an advanced course as you gain skill and confidence.

You won't become an expert overnight, but you will garner tips that will save you time and money. At the very least, you'll learn enough about construction techniques and energy-efficient housing to be able to ask the right questions of the contractors you might hire. And, if you're like many people who graduate from these courses, you'll actually go on to build your own home or add the solar sunspace you've always wanted.

Solar greenhouse workshops: a good introduction

A solar greenhouse workshop offers a quick way to acquire a general understanding of construction basics as well as an appreciation of passive solar design. Building a solar greenhouse is relatively simple, yet any greenhouse must be put together with precision if it is to operate efficiently.

In addition to teaching you the fundamentals of building, a greenhouse workshop will give you direct experience with passive solar retrofitting. What you learn can help you design your own passive solar greenhouse.

Since the solar activists who lead these workshops are eager to spread the word about solar energy, they try to keep the cost of the classes low. You should be able to enroll in a hands-on workshop for between $15 and $45.

A typical solar greenhouse workshop would start on a Friday evening, perhaps with a slide show on the principles of solar energy. On Saturday and Sunday, the class would move to a nearby home for a greenhouse raising.

Finding a workshop

Here's a list of some of the many solar greenhouse workshops.

In the East, the **Heathcote Center,** 2130 Heathcote Rd., Freeland, Md. 21053, conducts a variety of solar greenhouse workshops.

Total Environmental Action, Inc., Church Hill, Harrisville, N.H. 03450, also conducts several solar greenhouse workshops.

In the Northwest, **Ecotope,** 2332 E. Madison St., Seattle, Wash. 98112, conducts a greenhouse course and provides each participant with a solar manual.

In the Southwest, the **Habitat Cen-**

continued on page 33

Benson & Hedges Lights

"B&H, I like your style."



Only 11 mg tar

11 mg "tar," 0.8 mg nicotine av. per cigarette, by FTC method.

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Beauty that is timeless...



deserves a floor of timeless beauty. Introducing Contempora.

Because we believe beauty should last, Congoleum has created a revolutionary new vinyl flooring.

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Dramatically different, Contempora lays down like carpet. Without adhesives, staples or fasteners of any kind.

Contempora is so incredibly flexible, it goes right over your old floor. Easy. No fuss. No mess. Hugs the floor, wall to wall. Without cracking, chipping or buckling, like stiffer vinyl floors might.

So as long as there are little girls, and pirouettes to be learned, new Contempora will bounce back. Through a whole lot of living. Without waxing. (Simple sponge mopping will usually keep your floor looking fresh. Congoleum® Bright 'N Easy™ vinyl dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use.)

Contempora comes in a variety of timeless designs and decorator colors. Featured here is Branham Crest™ Sienna/Bittersweet. For the Congoleum retailer nearest you, see the Yellow Pages under "Floor Materials."

Contempora. It's the new design in vinyl floors that stands the test of time.

Beautifully.

Congoleum

Floors of Timeless Beauty.



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Turning 30 can be almost nice.

This is the kind of day you don't want to forget. And Kellogg's® is there.

It's gonna be a great day.™

Kellogg's

begins on page 28

Construction skills

ter, 573 Mission St., San Francisco, Calif. 94105, sponsors passive solar greenhouse workshops.

For more information on these and other classes, contact the **National Solar Heating and Cooling Information Center,** P.O. Box 1607, Rockville, Md. 20850. The center publishes a free calendar of solar-energy-related events.

You can also contact the **New Mexico Solar Energy Association,** Box 2004, Santa Fe, N. Mex. 87501.

Advanced courses: a challenge for the serious builder

You'd expect advanced courses to be demanding, and they are. To get the most out of them you must invest considerable time, energy, and money. You'll need physical stamina, an understanding of basic mathematics, and some tools. What you'll gain is hands-on experience with such things as framing a wall, installing plumbing and wiring—maybe even constructing a log home from the ground up.

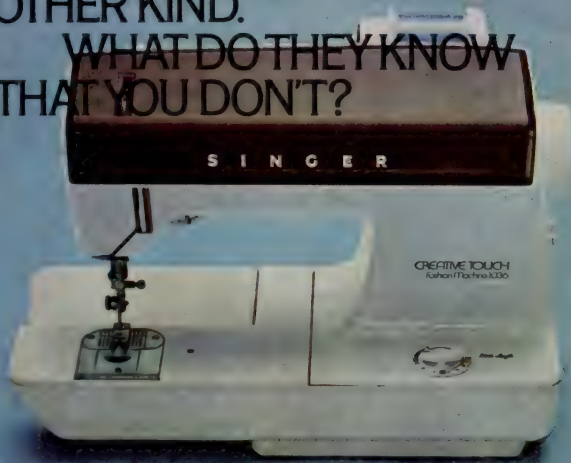
A sampling of advanced courses

Cornerstones, 54 Cumberland St., Brunswick, Me. 04011, is a school that emphasizes untraditional construction methods. It offers extensive courses on house design, passive solar architecture, advanced house building, and remodeling. A course especially for women is taught by a woman contractor. Most classes cost $200-$300.

Heartwood, Johnson Road, Washington, Mass. 01235, is located on an old estate in the Berkshires. Students attend classes every morning and work on the estate's old buildings in the afternoon. Classes include choosing a building site, installing plumbing and wiring, using passive solar design, and building a solar greenhouse. Tuition is $200; room and board is $300.

The **B. Allan Mackie School of Log Building,** Box 1205, Prince George, B.C., Canada V2L 4V3, conducts classes on building with logs. During summer months, students camp at the school and work on dormitory and classroom buildings. Courses run four to eight weeks and cost $110 a week.

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The **Owner-Builder Center,** 1824 4th St., Berkeley, Calif. 94710, is for people who want to act as their own contractors but don't necessarily want to do all the work themselves. Course tuition ranges from $25 to $500.

The **Shelter Institute,** 38 Center St., Bath, Me. 04530, conducts two- to three-week courses throughout the year on all aspects of building and design. Also, the Institute holds regular weekend sessions during which students discuss their own house plans. The Shelter Institute emphasizes energy-efficient dwellings. Tuition ranges from $75 to $260.

The **University of California Extension,** Santa Barbara, Calif. 93106, holds classes year-round on such subjects as space heating, home wiring, tile laying, weatherproofing, and finish carpentry. The classes cost between $45 and $110.

That's just a partial list. Similar courses are probably offered near you. For information about them, try contacting your local adult education center or vocational-technical school.

How our washer can use less water, less energy, save you money, and still get clothes really clean.

And how to win one for free!

The White-Westinghouse front-load washer can save on water, energy, detergent, and bleach... which means that you can save money every time you wash, yet it doesn't skimp on cleaning clothes one little bit.

How can it do all this? Because it's a front-loader. There's no agitator. Instead, your clothes are tumbled over and over in the hot sudsy water more than 50 times a minute.

They then get not one but two fresh-water deep rinses to flush away the loosened soil—even heavy particles like sand and mud. This vigorous (but gentle) washing and rinsing action gets your whole wash—permanent press, knits, everything—really clean with less water.



Since you need less water, you don't need as much energy for heating the water. And, you don't need to use as much detergent or bleach. When you think how many wash loads you do, the money you can save can really add up!

So see your White-Westinghouse dealer and let him show you this highly efficient washer; or enter the Dash/White-Westinghouse Sweepstakes to win one of 75 of our front-load washers (Model LT870). No purchase necessary. See details and entry form below.

White-Westinghouse
930 Ft. Duquesne Blvd., Pittsburgh PA 15222
A Division of White Consolidated Industries

ENTER THE ENERGY-SAVING DASH/WHITE-WESTINGHOUSE SWEEPSTAKES

WIN ONE OF 575 PRIZES

75 FIRST PRIZES:

The energy-saving White-Westinghouse Washer (Model LT870). Approximate retail value $520.00.

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Concentrated Dash—A six-month supply.
500 Dash coupon booklets containing 12 coupons, each good for one free Giant-Size Dash, will be awarded. Approximate retail value $19.00.

Entries must be postmarked between January 15, 1980, and May 14, 1980 and received by May 28, 1980. Offer void in Ohio, Utah and wherever prohibited by law.



DASH/WHITE-WESTINGHOUSE SWEEPSTAKES OFFICIAL RULES HERE'S HOW TO ENTER: NO PURCHASE REQUIRED

1. On this official entry blank or plain piece of 3" x 5" paper, hand print your name, address and zip code and fill in the missing words in the following:

Use the right amount of Dash_____or_____cup in normal capacity top-loading automatics and about_____cup in front-loading automatics.

The missing words can be found on the side of any Dash package or see Rule #4.
2. Enter as often as you wish, but each entry must be mailed separately to: Dash Sweepstakes, P.O. Box 9345, Blair, Nebraska 68009.
3. Each entry must be postmarked between January 15, 1980 and May 14, 1980, and received by May 28, 1980. The odds of winning will be determined by the number of entries received by May 28, 1980.
4. You may also obtain the missing words by sending a SEPARATE stamped, self-addressed envelope to: Dash Package Information, P.O. Box 7115, Blair, Nebraska 68009.
5. Winners will be selected in random drawings from among all entries received, under the supervision of the D.L. Blair Corporation, an independent judging organization whose decisions are final. Taxes, if any, are the sole responsibility of the winners. All prizes will be awarded. Only one prize per name or address.
6. The sweepstakes is open to residents of the U.S., including residents of Florida, except employees and their families of Procter & Gamble, White-Westinghouse, their affiliates, subsidiaries, advertising agencies and judging agencies.
7. Offer void in Ohio and Utah, and where prohibited by law. All Federal, State and local laws and regulations apply.
8. Prizes—A total of 575 prizes will be awarded. The prizes are:
—75 White-Westinghouse Model LT870 Front-Loading Washers. Winners will have choice of available standard colors. Prize includes delivery, but winners must assume all installation fees.
—500 Dash coupon booklets containing twelve coupons, each good for one free Dash Giant Size, a total of 588 oz. free per booklet.
No substitutions of prizes are permitted. Approximate retail value of the White-Westinghouse washer is $520.00 and of the Dash coupon booklet is $19.00.
9. For a list of major prizewinners, send a SEPARATE, stamped, self-addressed envelope to: Dash Sweepstakes, P.O. Box 6329, Blair, Nebraska 68009.

ENTER THE DASH/WHITE-WESTINGHOUSE SWEEPSTAKES OFFICIAL ENTRY BLANK (NO PURCHASE REQUIRED)

To enter, fill in the missing words in the following:

Use the right amount of Dash_____to_____cup in normal capacity top-loading automatics and about_____cup in front-loading automatics.

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BRACH'S

The candy store candy

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Showcased settees

If you're fortunate enough to have an unusual or beautifully crafted furniture piece such as a graceful settee, then give it the decorative status it deserves. An alcove or a hallway makes an ideal display spot. These two settee settings prove the point.



Photograph: George de Gennaro. Design: Linda Holley

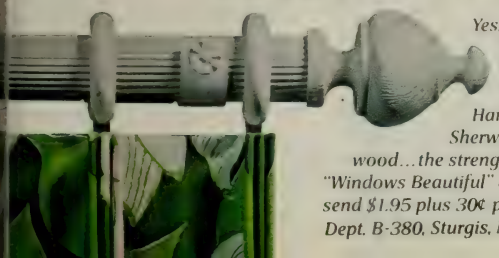
In this living room bay window, shirred demi-curtains are a soft, eye-pleasing backdrop for a lovely Queen Anne-style settee. The delicately scaled antique piece nicely fills the recessed area without overpowering the space. The settee and lightweight glass-topped brass table, balanced by two comfortably cushioned slipper chairs, create an attractive conversation grouping.



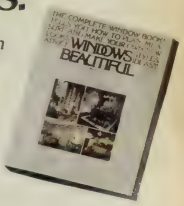
Photograph: Maris/Semel. Design: Meredyth Moses

A Spanish-style bench, an antique Indian rug, and a trio of simple wall accessories form a striking vignette in the foyer of this contemporary home. The backless bench is new; the carved back is an old oxen yoke of Spanish origin added by the homeowners. Although this particular wall-hung rug is an antique, you could duplicate the effect with one of the many good-looking, inexpensive reproductions on the market today.

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ADD-ON PLANT PLACES

By CarolAnn Shindelar and Linda Joan Smith

Whether filling a small niche or turning an entire room into a mini-jungle, a plenitude of plants can do wonders for any home. And indoor plant places need not be elaborate; they can range from simple bump-out window boxes to full-scale propagation rooms like the one shown here. Take a quick safari through the five plant places in this story, and then consider where you might add a similar year-round oasis to your home.

A VICTORIAN PROPAGATION ROOM

The fanciful design of this Victorian greenhouse addition complements the original architecture of the 1900s-style home it's attached to. But even though the exterior of the greenhouse looks old-fashioned, the inside is thoroughly up-to-date.

Redwood and glass make up the seven walls of the room, and brick covers the 80 square feet of floor space. Two doors swing out flush with the side of the greenhouse and the house wall, and open the addition to the surrounding deck. The addition has a wire and glass roof that is shaded by ⅛-inch-wide lath strips. The wood strips protect tender plants inside the greenhouse from harsh overhead sun.

Part of the charm of the greenhouse is its many small windows. The small-paned panels of the greenhouse transom repeat the design of other windows in the house, and of the French doors that lead to the interior.



Photographs: Ernest Braun. Architect: Donald Keith Olsen, AIA

Inside the greenhouse, just about everything is designed for propagating plants. Radiant heaters are built into the shelves and floor, and timer-controlled misters are positioned throughout the room to ensure enough warmth and humidity for the cuttings. Even the windows and vents open automatically to prevent overheating.

All the wood inside the greenhouse is redwood, which won't rot under humid greenhouse conditions. The shelves are 1x2s on end placed far enough apart for excess water to drain through.

PLANT PLACES



If your plants have overrun the house, it's probably time to give them a room of their own. They'll gladly share their new quarters with the rest of the family, and you'll gain extra living space in the bargain.

This plant place was added to the rear of the house and provides a stunning view of the sloped backyard.

A GARDEN ROOM FOR PEOPLE & PLANTS

Access to the addition is through a lattice-edged doorway in the dining room. Built-in plant beds edge the perimeter of the garden room and show off a variety of potted specimens.

Cuttings get off to a healthy start in the angled bed built into the window, *below*. The bed is made up of shallow trays placed over a metal drainage trough that diverts runoff through a hole in one of the addition's exterior sidewalls. During the winter, the bed is heated. A roll-down canvas cover protects the young plants from strong sun.



Photographs: Jim Hedrich. Design: Robert Rutemiller. Architect: Wynn Westerman. Source: Judy Findsen



A BUMP-OUT PLANT BAY

Do you have a problem window with a dreary view, or a blank expanse of wall that needs a lift? A compact greenhouse like this one may be just the right solution. The alcove design is simple enough to blend with any style house and will provide a protected home for your favorite plants.

The originators of this project saved money by reusing the concrete stoop from an old front entry for their bump-out. They simply boxed in the stoop with cedar and glass and turned the old front door into a window. Now the main entrance to the house is through an enclosed porch to the left of the bump-out.

The sides and roof of the plant bay were filled in with ¼-inch glass, and the existing concrete stoop was pressed into service as a splash-proof floor. To provide needed privacy, the back of the alcove, which faces the street, was paneled with exterior-grade cedar.

Inside the house, the old front doorway was turned into a window by adding a wall across the lower portion of the alcove. The wall hides the jumble of saucers and pots from the view of people in the living room.



Photographs: E. Alan McGee. Architect: H. Randal Roark. Source: Ruth Reiter

PLANT PLACES



A TROPICAL LEAN-TO

The owners of this indoor garden don't let cold winters keep them from cultivating their favorite tropical plants. Their new greenhouse walls out the weather and gives the plants a warm climate year-round. And the addition is also a haven for winter-weary family members.

The greenhouse is a simple 12x16-foot lean-to jazzed up with modern materials. Clear acrylic panels and cedar beams form the walls and ceiling. The sloping ceiling sections are held in place by grooves in the rough cedar framework; and the side panels are attached to the framework with ¼x¾-inch fir window-glazing strips. Acrylic is more expensive than glass, but is also lighter weight which allows wider sections of wall with fewer supports. One of the wall sections is hinged so it can be opened for ventilation. The floor is red brick laid in sand.



 Photographs: Bob Hawks. Source: Jean Kygar Eblen



A BREEZEWAY GREENHOUSE

This breezeway greenhouse is more of a fill-in than an add-on. It's tucked into the empty space between the garage on the left and the main house on the right, so only two new walls were needed to fill in the space. A glass-paneled ceiling supported by metal beams bridges the gap between the garage and house. The panels open mechanically for ventilation.

Part of the economy of this breezeway conversion is its reuse of existing materials and structures. In addition to borrowing sidewalls from the house and garage, the greenhouse also makes use of a broken brick floor and an existing water tap. The water hookup was originally used for outdoor watering, but now it only services the greenhouse area. A humidifier was also added to provide proper humidity for the plants.

The exterior photo, *below*, shows the greenhouse snuggled between the house and garage. As you can see in this rear view, the greenhouse is accessible from the outdoors through sliding glass doors. The front of the greenhouse is clad with the same cypress siding as the house and garage.



Photographs: E. Alan McGee. Architect: Fred Bainbridge. Source: Ruth Reiter

PUT TOGETHER AN IMPROMPTU PARTY

By Margaret McMahon and Stacey Smith



What can you do when the sun goes down and unexpected guests show up? This quicky supper provides the answer. It can be put together in little more than half an hour with a minimum of cooperative chopping. Forget formality—serve right from the stove, and don't be loathe to use your kitchen utensils. For instance, you can display the silver, napkins, and wine in a wire storage rack. To keep things informal, use a mixture of tableware. Here, stackable stoneware rubs shoulders with lushly decorated fine china, and hefty metal flatware with wooden-handled stainless. Wooden place plates are used to absorb the heat from warm china dinner plates. Assemble an antipasto of olives, sausages, pickled artichoke hearts, carrots, and cauliflower, mix up a big pot of yummy vegetable-sauced pasta, concoct an irrestible caramel-chocolate fondue, and your last-minute dinner is ready!





MENU

Antipasto ● Pasta Primavera* ● Italian Bread ● Caramel-Chocolate Fondue* ● Cheese and Fruit ● Espresso ● Wine

***Recipes begin on page 178.**

Stoneware: "Compatibles" Pfaltzgraff. Fine china: "Olde Avesbury" Boulton. Metal flatware: "Columbia" Wilton Armetale. Wood handled flatware: "Sienna" Trend Pacific. Glass: "Vendange" Durand.


B.G
BURGUNDY

Kitchen Remodeling

TWO WAYS TO GO

By Joan McCloskey

Fed up with your kitchen? Judging from our reader mail and our cross-country travels, an enormous number of cooks are. But here's the good news: You can reshape your kitchen to suit you—your taste, your cooking habits, your life-style, *and* your budget. To prove it, here are the real-life case histories of two families. See for yourself how they turned their problem-plagued kitchens around.

THE WEAVERS HIRED A PRO

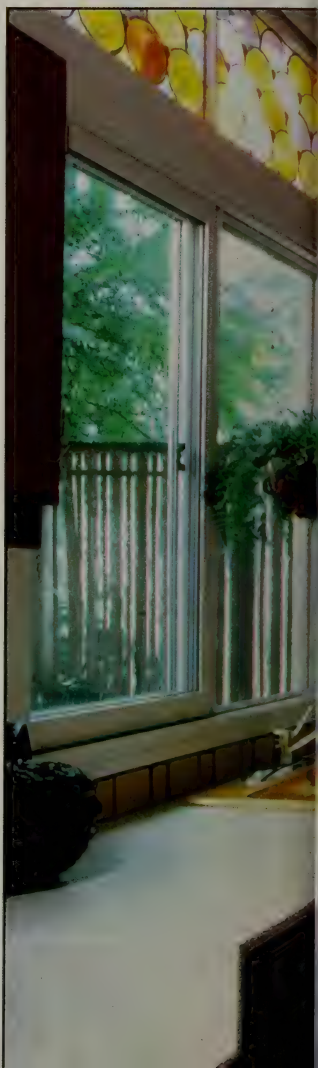
By tackling the jobs they knew they could handle and turning the others over to experts, Ken and Mary Weaver achieved this delightfully open kitchen/dining/family room.

They consulted a kitchen planner who examined their space and recommended structural and decorative changes. Since the Weavers—who *are* actually weavers—work out of their home, they wanted a space where they could cook, relax, and enjoy family meals in a kick-your-shoes-off atmosphere.

The kitchen planner took the original kitchen, walk-in pantry, and a small bedroom and turned them into one open space by knocking down the partitions and adding a steel beam support. The new kitchen space now measures 12 feet eight inches by 20 feet five inches.

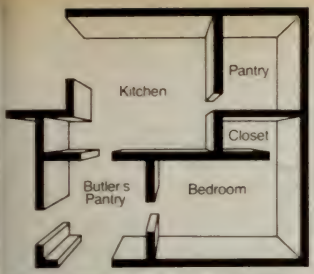
Rather than using a separate table and chairs, the Weavers opted for a T-shaped counter extension from the back side of the work space divider. The "table" seats four comfortably and, like all the counter tops, is topped with Corian. Teak cabinets with glass fronts show off Mary's favorite pottery. The doors can be opened from both the kitchen and dining side, which simplifies setting the table and returning just-washed dishes to their storage places.

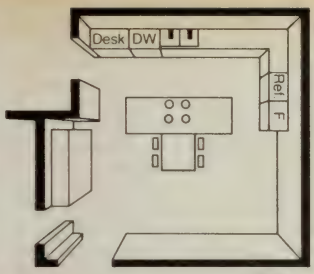
The Weavers' "ask-a-pro" approach paid off big. It turned an out-of-date kitchen into the efficient little corridor you see here. Ken's own stained-glass panels above the new windows let afternoon sun dapple the room with color. A drop-in self-venting range built





otographs: Maris/Semel. Design: Donna Burbank, House of Danmark. Source: Ruth Reiter





Illustrations: Hellman Design

BEFORE **AFTER**

into the dividing counter eliminates the need for an overhead vent. A full-size refrigerator and separate freezer fit neatly at the end of the corridor, out of the view of guests in the sitting area.

To save money, Ken contracted out the structural remodeling himself. The major appliances and teak cabinetry were planned for and installed by the kitchen planner, and Ken and Mary did the painting, tile work, and stained-glass panels.



Kitchen Remodeling

THE CHEATHAMS PLANNED IT THEMSELVES

Kay and Bob Cheatham decided to go it alone after they first tried all the standard routes to remodeling—architects, contractors, etc. When ideas and costs (the pros' original estimates came in at $33,000) just wouldn't gel, Kay took matters into her own hands.

"One whole summer I just kept thinking how I wanted my kitchen to work. Finally, I sat down and sketched my ideas," Kay recalls. But the next scary step was making that plan a reality. (Kay's time was also limited since she helped make campaign speeches for Bob who was running for a local office.)

To put the kitchen together, she found a carpenter who had done work for several friends. "He made all the difference," says Kay. "The carpenter told me where to find special plumbing fittings and where to buy lumber, and helped me get people to do the jobs he couldn't handle. He was even interested enough to match the old moldings around the new windows . . . and that's caring."

In fact, caring characterized the whole Cheatham kitchen remodeling, right down to the choices of hardware, appliances, and surfacing materials. The end result? Kay got the kitchen she wanted—for just $12,000!

The old, cramped kitchen had windows so high you couldn't see out. The original porcelain sink was still intact, tucked under the high windows. Behind the kitchen was an old porch with a cement floor and more high windows.

First to go was that wall between the porch and the kitchen. Those useless high windows were replaced with new ones that opened the whole area to light and a garden view.

A center work island with sink forms one side of the new work area with cooking appliances concentrated on the opposite wall. Kay chose a four-burner gas cooktop, built-in double ovens, and a microwave oven to meet the needs of her cooking family. A marble counter between the ovens and refrigerator is ideal for pastry making or setting down hot baking dishes.

Where small items are stored makes a big difference in how efficiently a kitchen functions. Kay had each new cabinet designed for specific storage.

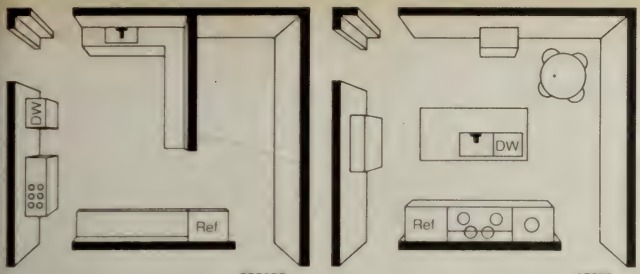
Getting someone to lay a wood floor over the old cement in the former porch was a time-consuming problem. It took four tries before Kay found someone to do the work, but the result is an easy-care floor that reinforces the warm feeling of the wood chopping-block island. Since her builder couldn't deliver the new windows on time, Kay borrowed the carpenter's truck and picked them up herself. "I've never been so terrified as I was driving down the freeway with those windows tied to the old pickup!"

All the Cheathams, including daughters Ann and Lynn, love to cook. Since the island is a capacious 8 by 3½



Photographs: Ernest Braun. Source: Barbara East Cathcart





feet, the whole family can participate in turning out Christmas cookies, a pasta dinner, or just everyday meals. And the butcher block counter makes an elegant background for buffet serving.

It's hard to believe this delightful dining area used to be that decrepit porch. Now there's ample room for an heirloom round table, an antique desk, and a built-in buffet. The dining area is only a few steps away from the dishwasher and sink, so the table is a snap to clear.

continued

THE CHEATHAMS PLANNED IT THEMSELVES

The Cheatham kitchen you saw on the previous pages holds a multitude of secrets. Open up the cabinets and you'll discover a treasure trove of storage ideas.

Below: Since Kay is only five feet four inches tall, she added some innovations to accommodate her limited reach. Bottom drawers on each side of the cook center have slide-out covers that serve as stepping stools so she can get to the upper cabinets. Extra-heavy hardware makes each covered drawer a sturdy step.

Bottom right: This is no ordinary pullout cutting board. It was designed specifically for carving meats. Turn the board over and it reveals a grooved edge to catch meat juices.

Right: Folding doors on the marble counter hide a garageful of small appliances used for baking. Deep plastic-laminate-lined drawers here hold flour and sugar close to the bake center. The drawers are capacious enough to hold the tall flour sifter and big sugar scoop. Under-counter fluorescents keep this hardworking area well lit.

A second extra-wide board pulls out beneath the marble for kneading bread dough. The four smaller drawers keep all the essential pastry brushes, cookie cutters, wooden spoons, and rolling pins close by.

Kay particularly likes the thick marble counter since she can set hot pots and pans down on it or use it as a surface for cooling homemade candy.

The smart ideas in Kay's kitchen apply to any kitchen remodeling. Here are a few of the best ones:

- Choose the surfacing material that is best for a particular location. Don't be afraid to mix. In other words, choose a counter top material that's heat-resistant near the cooktop or oven. Choose butcher block, laminate, or marble for the bake center.
- Keep tools, equipment, and dishes where they're used first. Baking supplies, mixers, and blenders belong in the bake center; spices, herbs, hot pads, and broiler pans should be stashed near the cooktop.







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SPECIAL DIETS

A fat-controlled brunch

Being on an egg-free or fat-controlled diet is no reason to be left out of the brunch bunch. Simply do as we did in these two recipes: Use a frozen egg substitute.



Photograph: Dieter

FLORENTINE SKILLET BRUNCH

The low-fat cheese has less than two grams of fat per ounce of cheese—

- **2 tablespoons cooking oil**
- **3 cups shredded cooked potatoes**
- **¼ cup chopped onion**
- **¼ cup chopped green pepper**
- **¼ cup chopped pimiento**
- **½ of 10-ounce package frozen chopped spinach, cooked and well-drained**
- **½ cup drained cottage cheese**
- **1½ cups frozen egg substitute, thawed**
- **½ teaspoon celery salt**
- **½ cup shredded low-calorie process cheese product**
- **1 tomato, cut in wedges**

Pour oil into 10-inch skillet. Combine potatoes, onion, green pepper, and pimiento; pat into skillet. Sprinkle generously with *salt;* dash with *pepper.* Cook, uncovered, over medium-low heat about 10 minutes. Meanwhile, combine spinach and cottage cheese; set aside. Beat egg substitute, celery salt, and a dash *pepper.* Spoon spinach mixture over potatoes; pour egg substitute mixture atop. Cover and cook over low heat about 10 minutes or till set. Sprinkle with cheese. Cook, covered, for 1 to 2 minutes. Garnish with tomato wedges. Makes 4 to 6 servings.



CINNAMON ORANGE MUFFINS

- **2 cups all-purpose flour**
- **⅓ cup sugar**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **¾ teaspoon salt**
- **½ cup grape nuts cereal**

• • •

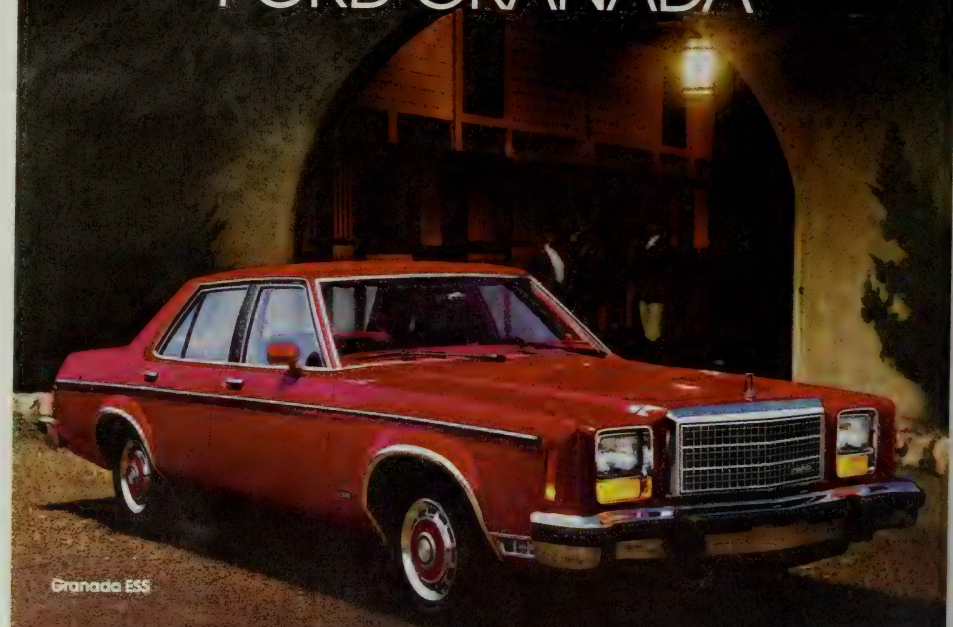
- **½ cup frozen egg substitute, thawed**
- **1 tablespoon finely shredded orange peel**
- **1 cup orange juice**
- **¼ cup cooking oil**
- **2 tablespoons margarine, melted**
- **¼ cup sugar**
- **1 teaspoon ground cinnamon**

In bowl stir together flour, the ⅓ cup sugar, the baking powder, baking soda, and salt. Stir in cereal. Combine egg substitute, orange peel, orange juice, and oil; add to dry ingredients, stirring just till moistened. Fill greased muffin pans ⅔ full. Bake in 400° oven for 20 to 25 minutes. Dip tops of muffins in melted margarine, then in mixture of remaining sugar and cinnamon. Makes 16 muffins.


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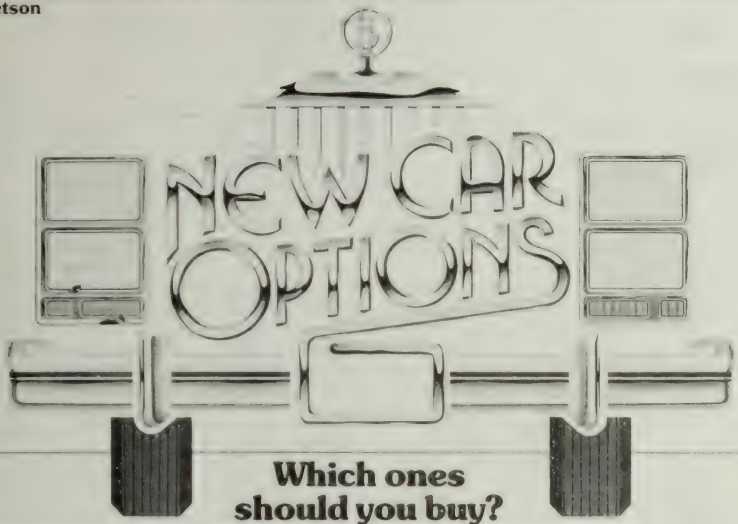
Better ideas for the 80's. FORD.

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Ford

Kim Garretson



Which ones should you buy?

You've pared the list of new models down to one car, tracked down one dealer you trust, and you're ready to make a deal. Can you end this exhausting task by simply agreeing on a price and driving off in your new car? Not usually. Most auto salespeople will want to parade a bewildering list of optional equipment past you.

How can you tell which gizmos are worth their added costs? The following option-shopping tips should help you pick the extras you need or really want, without sending the car's cost sky-high.

How important are options to you?

Many car buyers seem to be willing to pay a lot for options. A mid-size domestic car of intermediate price is sold with an average of at least $1,500 in options. And some buyers of sporty domestic car models add an average of $3,000 worth of options to their cars. (The average for foreign models tends to be lower because most offer fewer options.)

Obviously, if you're going to pay this much just for the extras, you should arm yourself with some data and make some initial decisions (see the steps below) before dealing with a salesman.

1. Gather option lists and resale value guides. Pick up new-car brochures on the model you'll be buying, and study the list of options at home. Don't assume the same accessories will be standard on the model you've chosen and other models you've already considered. Make preliminary lists of the options you know you'll want and those you may opt for if the price is right.

Also study a resale value guide, a book that gives the average values of used cars. Your auto insurance agent, your banker, or your credit union director should have a copy. The most commonly used guide is the National Automobile Dealer Association's Official Used Car Guide, published monthly in nine regional editions. (Turn the page for tips on using this guide.)

This information will help you determine how the options you're considering may affect the resale value of your car. Knowing this can be valuable, even if you're not planning to sell the car in a couple of years, because, generally, the options that depreciate the most are those that are only decorative or that may "wear out" before the rest of the car.

2. Decide if you must special-order. In most cases, you'll have to special-order a car with the exact options and colors you want. When you buy a car off the lot, you may have to take some options you don't need and give up some you want. But remember, you often can get better deals on cars off the lot, especially late in the model year.

As a general rule, if you want to buy off the lot and you are going to want a car "loaded" with options, there are two best times to shop: late summer when the usually higher-priced "left-overs" must be sold to make way for new models, and fall when new models are introduced and selection on the lots is greatest.

3. Buy options appropriate to the type of car. For better resale value, avoid expensive options that probably won't appeal to the type of people likeliest to be interested in your car. Fancy wheel covers, for example, have decreased in value more than 50 percent in only two years on some larger sedans, although the covers have retained as much as 80 percent of their original value after four years on some small, sporty cars. Evidently, unlike sporty car buyers, the buyers of large used sedans have little interest in some of the merely decorative options.

In some cases, you may want to consider functional options that you could do without but that a used car buyer might find appealing. Third seats and luggage racks for station wagons, for instance, have retained an above-normal resale value.

Illustration: Graphic Associates

continued

continued

New car options

Option categories: the basics

For most compacts and nearly all mid-size and family-size sedans and wagons, one group of options has become almost universal: automatic transmission, power steering and brakes, radio, and white-wall tires. Ninety percent of such cars are sold with this package. In fact, the package is so prevalent it's no longer optional on many larger models.

If you must order the package on a car you're buying, you'll probably pay around $800, but it's a worthwhile investment. The N.A.D.A Used Car Guide shows that when three-year-old cars are resold, automatic transmission and power steering options retain about three-quarters of their original value, a much higher than normal figure.

The same option package or some of the individual accessories are offered for some smaller compacts, subcompacts, and sports cars but are not included on the majority of these cars sold. That's because these smaller, lighter cars often don't need power-assisted steering or brakes. Also, these cars usually get the best fuel economy and ease of handling with standard transmissions. For these reasons, the resale value of an automatic transmission (which costs about $350) on a little car may not hold up as well as the same option on a larger car. For example: The automatic transmission on one 1977 import subcompact originally cost $297. But according to the N.A.D.A. guide, the option is worth only $125 extra on the car's resale value today, a depreciation of almost 60 percent.

The high cost of keeping cool

Three out of four buyers of domestic cars opt for air conditioning. The average cost is over $500—the biggest option payout most buyers choose. Geography affects the resale value of air conditioning. Naturally, the demand for air conditioning—thus the resale value—is higher in warmer climates. As a general rule, the N.A.D.A.'s used car guide shows factory air conditioning depreciates 40 to 45 percent over three years.

Power accessories

Here's where you may want to save money by saying "No." Such options as power seats, windows, door locks, sunroofs, and radio antenna raisers generally are costly, have above-average repair records, and depreciate more than other options. One example: A power sunroof cost $888 on one 1977 full-size sedan. In a recent N.A.D.A. Used Car Guide, this option was worth only $350 extra on the car's resale value, a depreciation of over 60 percent. Power equipment can be costly in other ways: It adds weight to the car and cuts gasoline mileage.

Power rear-window defoggers and defrosters are, in some cases, exceptions to the rule. These devices are especially helpful on cars with sharply sloping rear windows. A defogger consists of a small blower motor which

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HOW TO READ A USED CAR GUIDE

1978 (Make and model of car)

Average trade-in	Insurance symbol	Body type	Model	Factory advertised delivered price	Shipping weight	Average loan	Average retail
$2,900	6	Hardtop 2D	XV20	$4,500	3,000 lbs.	$2,700	$3,600
$75	Add vinyl roof			$125		$75	$100
$25	Add rear window defroster			$85		$25	$50
$200	Add AM FM stereo			$225		$100	$125
$300	Deduct without air conditioning					$300	$325

All of the depreciation percentages mentioned in this article were figured from information in the October, 1979, Central Edition of the National Automobile Dealers Association Used Car Guide.

The listing (above) from the Guide is for a 1978 intermediate-size model that originally cost about $4,500 (Factory A.D.P. column). Today the average trade-in allowance given owners by new car dealers is $2,900. The average amount of credit that can be obtained on the car is $2,700, and the average price asked by dealers is $3,600 (less a few hundred dollars for high mileage).

The first three options listed below the price of the car are given individual values that are added to the general price. The fourth line, deducting $325 for the lack of air conditioning, is included because the average retail price of this car includes this popular option. Depreciation is figured by subtracting the average retail price from the Factory A.D.P.

pushes warm air against the rear window; a defroster is an electric wire running through the rear window glass.

Defrosters are the more expensive of the two (about $100 on new cars), but they do a quicker job and only depreciate an average of 40 percent over three years. For example, the rear-window defroster of the 1977 full-size sedan with the power sunroof we mentioned earlier has depreciated only 42 percent.

A speed or cruise control is a convenience option that can reduce fatigue on long-distance trips and can also improve fuel economy. On level roads a cruise control will improve your fuel economy. But in hilly terrain the option may be wasteful, because the control sometimes must fully open the throttle to send the car up a hill at the preset speed. Unless you do a lot of long-distance driving, speed controls are only marginally useful. This option (which costs about $120-$140 today) generally has retained 40 to 45 percent of its value over three years, according to the N.A.D.A. guide.

continued



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2 envelopes DREAM WHIP®
2¾ cups milk
2 packages (4-serving size) JELL-O® Brand Lemon Flavor Instant Pudding*
1 prepared pie crust

*or use any other flavor

a. Prepare whipped topping mix as directed on package (using 1 cup milk) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.

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continued

New car options

Frills and gadgets

By frills, we mean interior and exterior treatments that are fancier than those offered on the standard car. These could include added trim, either painted or chrome, or nicer seat covers, carpeting, and dashboard detailing.

On cars other than the most sporty models, these option packages can depreciate by more than 50 percent on a three-year-old car. An example: One 1977 compact listed in the N.A.D.A. guide offered an "Exterior Accent Group" for $211 when the car was new; today the package is worth only $100 on the car's resale value.

Vinyl roofs are the exception in the frills category. These retain a much higher resale value than normal on many domestic cars. In fact, some have depreciated less than two percent after two years according to the N.A.D.A. guide.

By gadgets, we mean options that are so new their appeal probably is mostly due to their novelty. Most gadgets today are electronic replacements for traditionally mechanical equipment. In the years ahead, today's options like electronic door-entry systems, speedometers, trip computers, radio tuners, and clocks may not hold their resale value as well as other options do, as even more sophisticated devices are introduced.

What about diesels?

They've been incredibly popular for several years because of their fuel economy—30 to 50 percent greater than gasoline engines of equal size. Plus diesel fuel generally costs a few cents less than gasoline.

Before ordering a diesel option, figure roughly how long it will take you to recover the added cost. Of course, you *can* base your estimates only on today's fuel costs; but, if you're a gambler, you can assume the investment-recovery time you've figured will be shorter should gas prices continue to rise.

If you pay a $450 premium for a diesel engine in a subcompact car that gets about 40 mpg in city driving, or about 16 more miles per gallon than the standard gasoline engine, you would recover your investment in less than two years' time (based on 15,000 miles yearly driving and $1.50-a-gallon fuel costs). However, if you pay $915 for a diesel in a large sedan that gives you only a five mpg increase, you'll have to keep your car about three years before you recover your investment (based on the same fuel price/yearly mileage formula).

So far diesels have proved to be good investments. The diesel option in a Volkswagen Rabbit, for example, has appreciated 100 percent in two years, according to the N.A.D.A. guide. On some full-size Oldsmobiles, the diesel option has retained its full price, without depreciation, after two years.

The turbocharged gasoline engine is another energy-efficient option that has a high initial cost ($500 and up) which may depreciate only marginally in the years ahead. But turbochargers are still too new to determine their future resale values.

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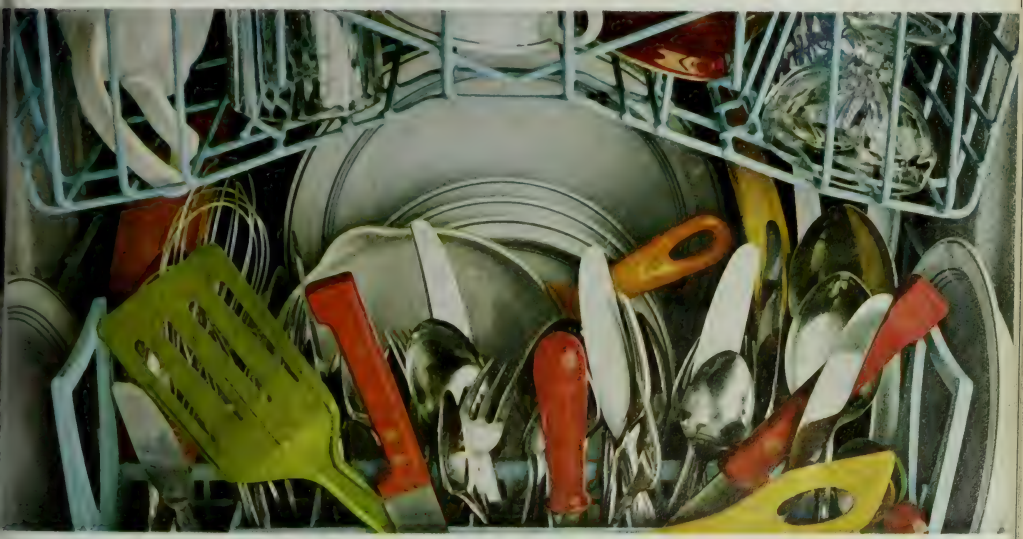


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A long-run boy's room

A boy's quarters should keep pace with his changing needs and interests. But that doesn't mean you have to redecorate the room every few years. With careful planning and thoughtful furniture selection, you can create a child's bedroom that lasts from age four to 14. Here's a room that's specially designed to span the growing years.



Photographs: Jim Hedrich/Hedrich Blessing. Design: Carol Carver. Field editor: Estelle Bond Guralnick

This spacious and well-planned boy's bedroom resulted from the merger of two small rooms—one a bedroom, the other a storage area. The long, L-shaped space is zoned into sleep, work, and play areas.



▲ The built-in drawer and shelf unit that spans one entire wall serves double duty: It provides storage space for clothing and collectibles, and a work area for hobbies and homework. Later, the shelves can hold stereo equipment and books.

Cocoa-colored wallpaper lines the back of the bookshelves. The dark tone makes the wall appear to advance, visually squaring up the long and narrow space.

Lambrequins that frame the windows are covered in matching cocoa wall covering. Tailored mini-slat blinds regulate light without competing with the window treatment.

◀ Although a long, narrow space usually poses some decorating problems, here it's turned into a plus.

Two single beds are butted end to end along one wall with a part of the original dividing wall serving as a stationary headboard. This arrangement frees up floor space while it provides lots of room for overnight guests.

And to make cleanup easy, the beds slide out on recessed gliders for a quick change of linens.

Later, the space can be turned into a seating/sleeping area; in lieu of comforters, removable slipcovers and plump back cushions can be used.

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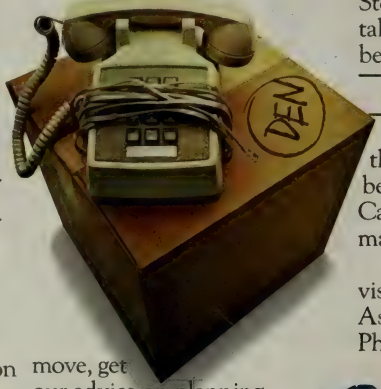
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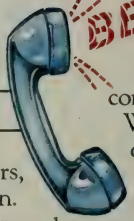
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Genetic diseases and birth defects: What every family needs to know

Tens of thousands of American babies are born each year with serious hereditary or genetic defects, which take a grim toll—unless they can be detected and treated early.

Today, new techniques often permit genetic counselors to advise a couple much more accurately than ever before on the outcome of a specific pregnancy. As a result, many of the couples who in the past would have chosen simply to remain childless, now go ahead and have healthy children.

How can a couple assess their odds of having only healthy children? What defects can be discovered in a baby before its birth? Which disabilities can doctors control? And who can help prospective parents who face the expectation of a severely defective child?

ABC's of genetics

To make a complex subject less mysterious, we'll start with some of the basics about genetics itself. All cells of the human body, except the reproductive cells, ordinarily contain 23 corresponding pairs of *chromosomes.* The reproductive cells—the egg from the mother and sperm from the father—each contain half the complete set of 46 chromosomes.

Think of chromosomes as pieces of luggage, each packed with thousands of *genes,* the basic units of heredity. Genes determine specific physical characteristics, such as having facial dimples, and regulate the chemistry of body cells. The nucleus of each human cell contains at least 50,000 genes; the incredible number of possible gene combinations accounts for the fact that only identical twins are exactly alike. Sometimes genes are flawed or the chromosome "suitcases" are dented, broken apart, or even lost. Such problems in one or both parents can cause death or a serious defect in a baby.

How many people are affected?

The vast majority of the three million babies born in the U.S. each year are healthy and free from major disorders. But, according to the March of Dimes Birth Defects Foundation, about 215,000 of the babies who are born alive have significant birth defects. Of these, 20 percent are afflicted with hereditary disorders. (The other 80 percent of birth defect cases may stem from factors such as the mother's illness during pregnancy; use of drugs, alcohol, or tobacco; exposure to certain chemicals or to radiation; and inadequate nutrition. Sometimes the interaction of genes and environmental influences is a factor.)

How many hereditary disorders exist?

More than 2,800 major and minor hereditary disorders have been identified, and they affect all of the body's organ systems. Some of the disorders are so rare that most doctors never encounter them in a lifetime of practice.

Not all genetic disorders are apparent at birth. Some, for example, usually appear in the early months of life but may not be evident until after parents have had other children who also may be affected. These disorders include Tay-Sachs disease (a fatal brain disorder), cystic fibrosis (a breathing and digestive system disorder), phenylketonuria ("PKU," a critical liver enzyme deficiency that causes mental retardation), and sickle-cell disease (a disorder of red blood cells).

Other disorders may not appear until the child reaches adolescence. These include Wilson's disease (an inability to metabolize copper that can cause brain damage) and Friedreich's ataxia (a neurological impairment).

Still other genetic disorders often appear after the victims are in their thirties and forties and have children of their own. Among these disorders are Huntington's disease (which causes neurological deterioration), Alzheimer's disease (a degenerative brain disorder), and some forms of diabetes.

How are hereditary disorders passed on?

There are five main ways that genetic diseases are passed from one generation to the next:

- *Dominant genes:* In this situation, one parent has a faulty gene that dominates the other, normal half of the gene pair from the other parent. For each pregnancy, there is a 50-percent risk that the baby will have the hereditary defect. Dominant genes are involved in disorders such as achondroplasia (a form of dwarfism), some forms of

continued

Drawing: Lois Hatcher



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continued

Genetic diseases

glaucoma, and Huntington's disease.

• *Recessive genes:* All of us carry—and pass on to our children—a handful of faulty recessive genes. The normal half of the gene pair generally cancels out the harmful gene, so most of these faulty genes have no effect on our health or that of our children. However, if our mate carries the same harmful gene, the risk increases that a defect will be apparent in our children.

In each pregnancy, there is a 25-percent chance that the baby will inherit the defect, a 25-percent chance that the baby will be unaffected, and a 50-percent chance that the baby will be a carrier as both parents are.

Recessive disorders include cystic fibrosis (a disorder of mucous and sweat glands); galactosemia (the inability to metabolize milk sugar); PKU; sickle-cell disease and thalassemia (a blood disorder); and Tay-Sachs disease.

• *Composition of genes on the sex chromosome* (sometimes called X-linked or sex-linked inheritance). For this group of disorders, the faulty gene is carried on one X chromosome.

A woman with a faulty X chromosome ordinarily would not have the disease herself, but she has a 50-percent chance of passing the disorder on to any son. There also is a 50-percent chance the mother will pass the faulty X chromosome on to any daughter, making the daughter a carrier, too.

Disorders transmitted by a gene or genes on the X chromosome include hemophilia (a tendency toward uncontrolled bleeding), color-defective vision, lack of immunity to some types of infections, some forms of muscular dystrophy, and some forms of spinal cord degeneration.

• *Abnormalities in the makeup or arrangement of the chromosomes.* Some disorders result when part or all of a chromosome is missing, when part of the chromosome has shifted to other chromosomes, or when additional chromosome material appears. Since each chromosome carries thousands of genes, such an abnormality can have serious effects. Many such chromosomal defects are "accidents" that affect a specific pregnancy but are not likely to affect the couple's other children. The most common form of chromosomal error is Down's syndrome (formerly known as mongolism), the result of an extra chromosome.

• *Combination of factors.* Many genetic disorders can't yet be pinned on a specific gene or chromosome defect. Evidence suggests that interrelationships between genes and/or with the environment may be involved, or that the disorders may occur at random. Common defects thought to result from such a combination of factors include cleft lip and/or palate, club foot, congenital dislocation of the hip, and open spine.

How are hereditary disorders detected?

One obvious way is to start with an individual who suffers from a specific disorder and to work backward in his or her family tree.

Detection efforts referred to as *screening* focus on finding persons affected with specific conditions before symptoms appear, or finding persons who risk passing on specific conditions. Blood tests are a common screening technique.

Most states today require screening of newborns for PKU and often for other disorders of metabolism, such as hypothyroidism. These tests can be done simply and inexpensively; usually all that's required is to obtain a blood sample by sticking a needle in the baby's heel. Screening techniques also can detect adult or adolescent carriers of Tay-Sachs disease and sickle-cell disease.

When should you get counseling?

Doctors usually recommend that couples seek genetic counseling when:

• the woman who is pregnant or planning to be pregnant is over 35 (30 percent of the babies suffering Down's syndrome are borne by women over 35, even though women in that age group have only four percent of the babies born each year in the U.S.).

• the couple has already had a child with a genetic disease.

• either the husband or wife has a genetic disease.

• the couple is aware that a parent, brother or sister, or other close relative has a genetic disease, or the couple is concerned that a relative's disorder—such as mental retardation—may be genetic.

• the couple has experienced three or more spontaneous abortions in this marriage or previously.

• the couple comes from an ethnic or racial group that is known to have a high risk of genetic disease.

• the couple are related to each other.

• the couple have learned that they are carriers for a specific disease.

Where can you get genetic counseling?

Start in the office of your family physician or obstetrician-gynecologist. He or she will take a complete individual and family medical history. You'll also be given a physical exam that may include taking samples of blood or other tissue that will be studied in a laboratory. Depending on the results, the doctor may refer you to a university-affiliated genetics center where more sophisticated testing, counseling, and often treatment are available.

Genetics services are a team effort involving physicians, geneticists, nurses, psychologists, social workers, and others who are trained specifically in genetics counseling. (The American Society of Human Genetics, based in Philadelphia, is developing accreditation standards for genetic counselors.)

If it is confirmed that a couple has a high risk of passing on a genetic disorder, a technique known as *amniocentesis* may be recommended.

What is amniocentesis?

Amniocentesis means withdrawal of a small amount of amniotic fluid surrounding the fetus in the uterus. The fluid and the cells it contains from the unborn child are then examined for signs of the suspected defect.

Amniocentesis as it is widely used today was first performed in the U.S. only in 1968, yet it already is a widely accepted clinical practice. The procedure permits prenatal diagnosis of over 80 disorders of metabolism, open spine, absence of the brain, and all chromosome abnormalities. Happily, in 95 out of 100 amniocenteses, the baby is found free of the disorder in question.

The procedure is performed on an outpatient basis (usually in a hospital)

continued





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Will you notice the difference right away? Happily, yes. Immediately your skin feels softer. And almost as quickly, it looks more radiant. That's when you know you look your youngest, even up close.

Oil of Olay is surprisingly greaseless, too. So you'll want to use it all day. Many women use it before applying their makeup, because Oil of Olay helps the application go smoothly and the finish stay fresh looking. And some women use Oil of Olay all alone, because it gives their skin a soft, lustrous glow.

Once you discover the secret of Oil of Olay, you too can look as young up close as you do from a distance. And up close is where it counts.

Oil of Olay. It can help you look younger, too.

Beauty Hints:

For a quick pickup at the end of a busy day, turn down the light, kick off your shoes and lie back. But first lavish Oil of Olay® beauty lotion on your face and neck. Oil of Olay helps ease dryness and bring out a look of natural radiance. Let your skin luxuriate in this moist climate. Then set the timer for fifteen minutes and think quiet thoughts. You'll feel refreshed and your skin will, too.

Dry skin can happen everywhere. So after you pamper your face and throat, be sure to pamper your body. Use extra beauty fluid on hands and knuckles, knees and ankles, and even the soles of your feet. After bathing is an especially good time to help ease the dryness in those special areas.

continued

Genetic diseases

in the 16th to 18th week following the woman's last menstrual period—that is, during the 14th to 16th week of pregnancy.

Usually, ultrasound equipment is used first to establish the age of the fetus, assess the possibility of multiple pregnancy, locate the placenta and position of the baby, and identify any abnormalities such as an unusually shaped uterus. Then, often after a local anesthetic is injected into the skin, a 3½-inch-long hollow needle is inserted into the amniotic sac to remove several tablespoons of fluid.

Amniocentesis can't guarantee that the unborn baby is perfectly healthy, only that it does or does not have certain disorders. It is not yet practical to check every sample of amniotic fluid for all defects that can be detected; efforts are directed to the one or more most likely defects in a given child.

Before amniocentesis, couples known to have a high risk had four options: they could take their chances, avoid having children, adopt a child, or use artificial insemination if applicable. Now risk-taking can be greatly reduced. The procedure is accurate 99.4 percent of the time and is considered safe when performed at a qualified medical center.

Although there are hazards—causing an infection, inducing abortion, and harming the subsequent development of the baby—a number of American and Canadian studies put the risks at below .5 percent. Cases in which the mother has been harmed have been extremely rare, and any injuries have been minor.

Fees vary from around the country, but amniocentesis typically costs about $500 and often is covered by medical insurance.

What other prenatal tests look promising?

Fetoscopy goes beyond extracting amniotic fluid to taking a sample of blood from the placenta and to viewing the baby with a device known as a fetoscope. The fetoscope is inserted through a tiny incision in the abdomen. Studying the baby's blood sometimes permits accurate identification of certain disorders when examining amniotic fluid does not. Early reports suggest that fetoscopy can be used to identify classic hemophilia, sickle-cell disease, and thalassemia. The technique, however, is still being developed and is available only at a handful of U.S. medical centers.

Alphafetoprotein (AFP) measurements detect elevated levels of a protein associated with defects of the brain or spinal cord—such as open spine or absence of the brain—and of other fetal abnormalities.

AFP can be measured in amniotic fluid obtained from amniocentesis as well as from samples of a mother's blood during pregnancy; because AFP levels vary during pregnancy, accurate interpretation requires precise pregnancy dates. Researchers are refining the procedure so that AFP measurements from a mother's blood can be used reliably as a screening device to evaluate the need for amniocentesis.

continued

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Colgate helps stop cavities before they start.



"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

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continued

Genetic diseases

What are the moral implications?

Compiling an individual's genetic makeup may someday be as routine as blood-typing. Then prospective parents will know what—if anything—they need to do to help ensure the birth of a healthy child. Yet such individual genetic profiles carry their own risks. For example, carriers of certain diseases could be stigmatized.

Knowing that one is "a carrier" can instill a needless sense of shame and guilt. Yet protecting the individual from such emotions sometimes conflicts with the need to inform relatives that they also may be at risk.

When weighing the moral issues, it's important to recognize that genetic counseling traditionally is *nondirective:* The purpose is to provide the information necessary to enable a couple to make their *own* personal decision.

A couple determined to have their baby whatever the risks usually will forgo a procedure like amniocentesis. But some couples, faced with this difficult decision and resolved to continue the pregnancy, elect to learn all they can about potential problems so they can plan for the baby's medical care. Of the couples who choose an abortion after amniocentesis, almost all do conceive again, undergo amniocentesis again, and this time learn that they are going to have healthy children.

For more information

- *The National Genetics Foundation* coordinates a network of over 60 genetic counseling and treatment programs in U.S. medical centers. The Foundation offers personal counseling for those who wish to discuss genetic disorders, compile family health histories, locate relevant medical records, and obtain referrals for further counseling. To help you trace your medical roots and to alert you to possible genetic disorders in your background, the Foundation offers free family health history forms that you can complete and take to your physician or send to the Foundation for evaluation. For the forms, or to make an inquiry about a possible genetic problem, write the National Genetics Foundation, Inc., 9 West 57th Street, New York, New York 10019, or call 212/759-4432.
- *The March of Dimes Birth Defects Foundation* maintains a computerized 24-hour service with information on some 1,400 different disorders, many of them rare. The computer is hooked into the public telephone system to provide access to physicians in many local hospitals. Physicians also can use the Foundation's international directory of genetic services to arrange referrals for patients.

The March of Dimes Birth Defects Foundation also supports 82 nationwide genetic service programs involving screening, laboratory studies, counseling, and prenatal diagnosis. You can obtain a family health history form and find out more about services in your area by contacting your local March of Dimes chapter. If there is no chapter in your area, write the national headquarters at Box 2000, White Plains, New York 10602.

—Lynne Lamberg



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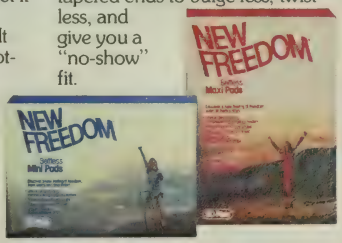
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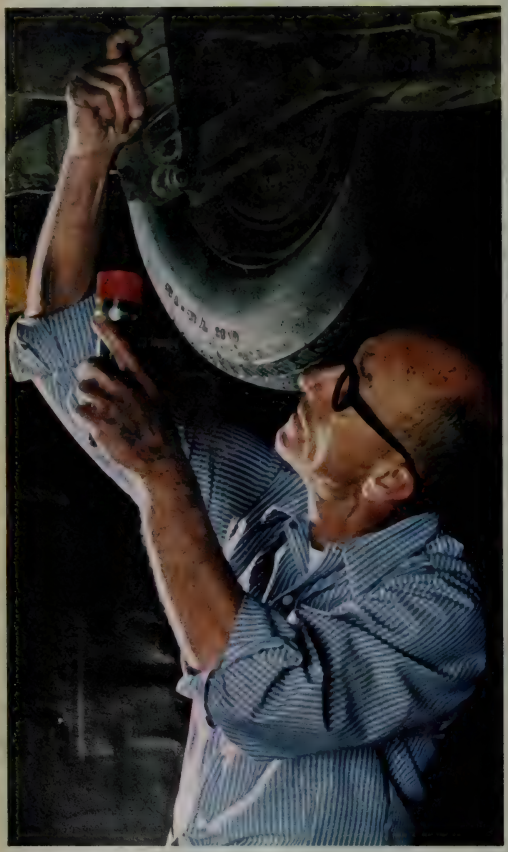
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Kim Garretson

Good News

Gentle rust remover



Unlike other rust removers, this one doesn't have to be handled with care. You don't need to wear rubber gloves when applying it, and you don't have to worry if it gets on untarnished areas. It's nontoxic, nonflammable, odorless, and water-soluble. And the gel-like substance quickly removes rust and tarnish from most metals.

Rust Biox, about $7.50 for the 16-oz. spray bottle. (Other sizes available.) Biox, Inc., 877 Third St. S.W., St. Paul, Minn. 55112.

Mini antenna



You can get better TV reception by replacing the "rabbit ears" on your TV set with this roof- or attic-mounted mini antenna. Its arms are about half the length of conventional antennas but still pick up strong signals. The secret is a special circuit board connecting the arms. An amplified model that boosts signals received also is available.

20/20 AT-1000 about $33; AT-3000 (amplified), about $80. Winegard, 3000 Kirkwood St., Burlington, Ia. 52601.

Wall covering primer/sealer



With this primer/sealer you can quickly prepare a wall for any type of wall covering, including vinyls. The material works on any porous or nonporous wall surface. And if subsurface mold or mildew should develop after a treated wall has been covered, the manufacturer will replace the wall covering as well as the product.

Golden Harvest Bite, about $15 (gallon); $5 (quart). Krause Milling Co., P.O. Box 1156, Milwaukee, Wis. 53201.



Quick furniture finish

Up until now, applying a two-tone wood-grain finish was a multi-step operation. You applied a base coat and let it dry, applied a grain coat and let it dry, and applied a finish coat. Now you can get the same results with this timesaving one-step finish that brushes on like paint and covers old, marred, or discolored surfaces. The finish is available in ten colors.

One Stroke, about $6.65 per pint (will cover 60 sq. ft.). New York Bronze Powder Co., 201 Bay Ave., Elizabeth, N.J. 07201.

continued

Good News



Convenient cabinets

Convenience is built right into these two cabinets, part of a new line of fine kitchen furniture. The sink-front cabinet has a metal fold-out tray that accommodates hard-to-store items such as soaps, sponges, and scrubbing pads and is easy to clean. The microwave oven cabinet puts the oven at counter-top level for easy access.

Long Bell Integrity Oak Cabinets, sink-front cabinet, about $286; microwave cabinet (fits atop a lower cabinet), about $396. International Paper Co., Cabinet Div., P.O. Box 8411, Portland, Oreg. 97207.

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TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You want to attach an antique door knocker (or something else you value) to the front of your house, but you're afraid someone might like it as much as you do and make off with it.

SOLUTION: Modify some flathead or roundhead screws so they can be screwed in but not out. Just file off the edges of the slot as shown. Once the screw is driven in, *no one* will be able to remove it.

F.K., Chicago, Ill.



PROBLEM: The face of your hand plane gets rusty, and you can't prevent the problem with regular oil because it would rub off onto the wood as you plane.

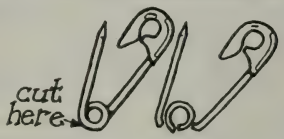
SOLUTION: Remove existing rust with fine sandpaper and steel wool. Before putting the plane away, apply two light coats of car wax to the face and then buff. The wax will stay hard and will not harm your wood.

E.L., Gloucester, Me.

PROBLEM: You need a small-diameter ring to repair a broken necklace.

SOLUTION: Cut the bottom circle from a safety pin, as shown.

J.K., Jr., Baltimore, Md.



PROBLEM: Your gasoline tank, bucket, or other metal container has a pinhole leak.

SOLUTION: Clean the area around the leak, then put a dab of silicone rubber sealant on the hole. Slip a fiber faucet washer onto a self-tapping sheet metal screw, and drive the screw snugly into the hole.

E.M., Sarasota, Fla.

PROBLEM: You can't find a tiny screw in shag carpeting.

SOLUTION: Slip an old nylon stocking over the nozzle of a vacuum cleaner pickup and pull the stocking tight. Run the nozzle along the carpet. The suction will pick up the screw; the nylon will keep it from being sucked into the machine. This also works with lost contact lenses.

G.H., DeLeon Springs, Fla.

PROBLEM: Every time you need some plastic-type wood filler, you have to buy a new can because the filler left over from the time before is rock hard.

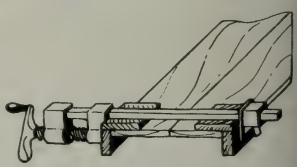
SOLUTION: Saturate the hardened filler with fingernail polish remover or lacquer thinner. Seal the can and let the solvent work on the filler overnight. Use an old fork to work the softened filler to the proper consistency.

B.L., Granger, Ia.

PROBLEM: When using a bar clamp to glue pieces of wood together, you place small blocks between the wood and the clamp's jaws to protect your project. But it's not easy to hold the blocks in place and adjust the clamp at the same time.

SOLUTION: Use two small pieces of outside corner trim for blocks. If you have no corner trim, make L-shaped blocks from scraps of 1x2s and ¼-inch or ⅛-inch hardboard or paneling as shown. These blocks won't fall to the floor each time the clamp is loosened.

R.S., Riverside, R.I.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

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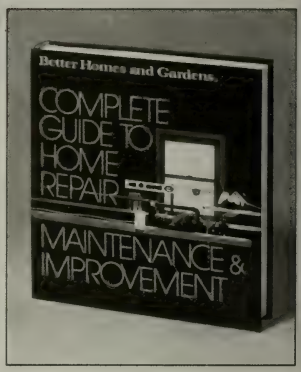
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Four long years in the making, the *Complete Guide to Home Repair, Maintenance and Improvement* is a book for everybody who has ever called in a plumber or electrician or serviceman for a minor household emergency or routine service job — and when it was done thought, "Why, I could have done that!" It's for people who have wanted to improve their home — but put it off because the cost of labor was more than the cost of materials.

With this book, chances are you won't pay for professional help simply because you won't *need* professional help. With average skill and basic tools, you'll be able to tackle literally hundreds of household jobs yourself.

So now you'll be able to mend that leaking faucet at a cost of maybe half-an-hour of your time and a 6-cent washer instead of $20 or more for a plumber.

The *Complete Guide to Home Repair, Maintenance and Improvement* tells everything you need to know to keep heating, cooling, water and electrical systems operating at peak efficiency; how to prepare your home for the ravages of winter; how to paint and decorate inside and out; how to prevent bugs and rot and weather from taking their toll on wood, bricks, concrete and metal.

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Margaret Daly

How do other families cope with inflation?

Few among us escape the fallout from inflation these days, but it can be comforting—and helpful—to hear about how other families are coping. Here are the stories of two hard-pressed-but-coping families—one that added a second income to help meet rising prices, and one that had to make do after the loss of a second income.

The Gallaghers of New York: taking on a second income



Photograph: Bradley Olman

A year and a half ago, Joan Gallagher, 35, of Massapequa Park, New York, started selling plants and accessories through a party plan arrangement. Her husband, Jim, was earning $20,000 a year as a transit policeman in New York City, but it was getting harder and harder to make ends meet. Inflation had escalated costs in the Gallagher household, which includes Joan, husband Jim (age 40), daughters Robin (13) and Noelle (eight), Joan's mother, two cats, "and lots of plants." "Many costs had doubled in the past few years," Joan reports. "Also, we wanted to save for the girls' education. Everything was going out, so I decided to help."

Joan tries to hold at least one party a week to sell plants and accessories, and she generally nets about $50, or $200 a month. With that cash added to Jim's monthly take-home pay of $1,094, they make ends meet—but barely (see box). "The mortgage is $464 a month," says Joan. "Every time I mail the check, I say, 'my God, we did it!' "

Managing the cash flow

The mortgage payment comes out of the first of Jim's two monthly paychecks. Joan tries to pay all other bills out of the other check plus her earnings from the plant business.

Each member of the household helps keep the cash flow in line, too. Joan's mother pays many of her own expenses from what she earns working at a nearby hospital. Thirteen-year-old Robin earns about $16 a week as a paper carrier. (Half goes into a savings account; the other half is for her to spend, since she gets no allowance.) Younger daughter Noelle receives an allowance of about $1 a week, in exchange for keeping her room picked up and feeding the cat.

The Gallaghers' Monthly Budget

Income	$1,294
Mortgage (including taxes)	464
Food and supplies	200
Gas and electric	140
Car loan	123
Credit card accounts	70
Car insurance	66
Savings	50
Home insurance	30
Phone	25
Mortgage insurance	14
Life insurance	12
Miscellaneous	100
Total expenses	$1,294

The Gallaghers have tried to hold down whatever expenses they can. "Dinner out, with a movie after, is pretty rare for us," Jim says.

Life insurance protection

Whatever the pressures on their budget, the Gallaghers won't cut back on life insurance for Jim. He had a $5,000 whole life policy when they were married, and he also has $30,000 through group insurance at work. But recently they decided to buy an additional $60,000 policy. It's term insurance (no cash value) that is inexpensive and convertible to whole life if they wish. The mortgage is also protected by a decreasing term policy.

The importance of savings

Even though their cash flow is tight, the Gallaghers try to save some money as systematically as possible. Buying a home 5½ years ago has helped. They paid $45,000 then for a four-bedroom, split-level house, which is now worth over $60,000. The tax deductions they get for mortgage interest and property taxes contribute to a sizable refund each year. On Jim's withholding tax at work, they even declare one fewer dependent than they're entitled to so there will be a big refund. "It's a kind of hidden savings program," Joan says.

They try to do something for the house each year with part of the tax refund. "Last year, we put on new siding for $1,600," Jim recalls. "But the rest went right into savings—about $900 from the 1979 rebate."

Currently the Gallaghers have about $2,000 in savings and another $4,000 in U.S. savings bonds. They add to that at least $500 to $1,000 a year in addition to the tax refund—often by putting aside just $5 or $10 a week.

Generally, the Gallaghers' outlook is positive. "I would hope things would get better than they are right now," says Joan. "I may go back to school to learn accounting. For now, the party plan will do, and we're getting by."

The Suits of Texas: losing a second income

Sharon Suits, 24, left her job as an accounting supervisor for a Dallas insurance company in late April, 1979, one month before the birth of her second child. After the delivery, Sharon was told by her doctor that she could have no more children. She and her husband, Bobby, decided that there was no rush for her to return to work, and Sharon elected to spend all her time with her young family.

Bobby, a 25-year-old postal clerk in Garland, outside Dallas, had taken on an extra job part time at an air conditioning company last spring. The money would help make up for the period Sharon was on leave for the baby's birth. But it was still a tough time for the Suits to lose Sharon's income. Prices were shooting sky-high in the nation's latest bout with inflation.

Bobby's group medical insurance covered most expenses for the birth and Sharon's subsequent hospitalization and surgery, but routine household bills piled up while she was on the mend. "We thought we'd catch up on the bookkeeping once I was on my feet," Sharon explains. "Besides, we had two weeks' salary plus some of my vacation pay as a cushion. But with that second time in the hospital, all of a sudden we were two payments behind on the mortgage. Installments for our truck and furniture were long overdue. We hadn't paid our utility bills. Everything was in arrears."

Tackling the mound of debts

It didn't take the Suits long to realize they needed help. By summer's end, they decided to put their four-bedroom house up for sale. They'd paid $44,500 for it the year before, and they believed they could get $59,000.

In the meantime, Sharon and Bobby went to their creditors to explain that they were working out their debts. The couple also sought advice from a nonprofit consumer credit counsel.

In talking to their creditors, the Suits explained they'd have to cut back on payments until they got cash from selling their home, but then they'd pay up in full. Not everyone was cooperative. The truck finance company said the Suits would have to catch up or lose the truck. The furniture store wouldn't go along with the plan, either, but did offer to refinance the loan over a longer period of time at lower per-month costs (but more dollars over the life of the loan).



Photograph: Ken Wright

The Suits' Monthly Budget

Take-home pay	$1,134
Mortgage	481
Food	175
Electric	100
Gasoline	75
Charge accounts (clothing, etc.)	65
Furniture loan	59
Car insurance	34
Life insurance	30
Medical	25
Water	20
Phone	16
Miscellaneous	54
Total expenses	$1,134

A credit union loan

Both the mortgage lender and the consumer credit counselor suggested that the Suits might not have to sell their home if they could get a consolidation loan to handle the temporary squeeze. That's when the Dallas Postal Credit Union came to the rescue, with a $5,000, three-year loan. The interest rate was 12 percent per year on the declining balance of the loan—good terms in such tight times. Payments: $79 twice a month, deducted directly from Bobby's paycheck.

The Suits used about $2,000 of the loan to pay off their truck, which had been costing them $114 a month. The truck then served as collateral for the credit union loan. They also paid the $962 due on the mortgage; $150 to the local department store, where they refinanced their furniture loan to bring monthly payments down from $91 to $59; $231 to pay back bills to the power company. Almost $900 went to various credit card accounts. ("We returned several cards and just don't use the others now," Bobby says.) The car insurance was brought up to date with $107. A few miscellaneous bills were covered. And, there was $400 left over to go into savings.

Cutting costs

The credit union loan relieved some of the pressure on the Suits, but they still had to get their spending in line with their income. Bobby's net monthly income from the post office was only $684, after about $310 in federal and social security taxes, plus other deductions such as union dues, health insurance, and the new credit union loan. The part-time job brought in about $450 a month more, for a net monthly income of about $1,134.

Strict belt tightening was the only move to make. The Suits pared down food cost from $300 a month to $175. They've cut gasoline expenses from $150 to $75, halved the phone bill, which averaged $30 a month, and through careful conservation have reduced the electric bill by about $20. They also cut way back on entertainment.

The Suits' savings program suffered when they stopped an automatic payroll deduction of $37.50 a month for U.S. savings bonds. "But we're going to try to get on some sort of savings plan as soon as we can," says Sharon.

Although the Suits have had to make sizable sacrifices, they've gained something, too. "Having less money has taught us to share with each other better," Sharon points out. "Also, Bobby's job is secure, and there will be raises. If we buy things carefully, we'll do all right."

Go ahead, sell your own home, you riverboat gambler, you.

You might get lucky and save a buck or two.

A lot of folks have tried to sell their own homes and succeeded. A lot more have just tried.

Most people realize that selling your own home can be a costly, time-consuming, even risky, affair. And unless you're just naturally lucky, you need the help of a professional Realtor. A person who can save you a lot of time and headaches. For a lot of good reasons.

If you're thinking about selling your own home, maybe you should consider some of them.

What's your price?

The first thing the professional can do for you is recommend a fair and reasonable asking price.

Do it yourself and you will probably ask too much or too little. Either way, you lose.

And don't be fooled by the belief you know pretty well what your home is worth. Market demand, seasonality of sales, location, and many other variables often alter your home's value.

A skilled real estate person knows all about these things. And, most important, knows people.

Don't talk to strangers.

If you love talking to strange people at strange hours, by all means sell your home yourself. That "For Sale by Owner" sign in your front yard means you're fair game for everyone — even those passersby who "just kinda wanted to see what the place looked like."

That sign may not get all the prospects you want, either. You may have to advertise. And that means phone calls at all hours.

A Realtor can solve these problems. First of all, by screening prospects. Finding out their needs, desires and financial situation. Separating those who are seriously looking for a new home from those who are just looking.

And, best of all, showing your house only when it's convenient for you.

That beautiful art.

Okay, tiger. You're selling your own home. You know the needs and desires of your prospective buyers. And you know what to say, how to present your home to convince them. Right?

Wrong.

Realtors are trained in the art of salesmanship. (And believe us, it is an art.) Their study of sales techniques has shown them how to get the uncommitted buyer to make a decision, how to close the sale. In fact, they've gone to school to learn how to do precisely that.

After all, selling is what it's all about.

Formal negotiations.

What happens when a prospective buyer makes you an offer — one that's well below your asking price?

You're going to argue. And that's the worst thing you could do.

As a principal, you'll discover it's pretty hard to bargain with a buyer —to negotiate about such things as price, terms and possessions. Misunderstandings may crop up. And those small disagreements can spoil a sale.

When a real estate professional helps sell your home, he or she takes on the difficult task of negotiation, acting as a sort of go-between and advisor. One who's objective. One who can tell you when the buyer is right and when you should stick to your guns.

And one who is usually a heck of a nice person, too. One who knows how to smooth over, or completely avoid, those sale-killing misunderstandings.

How to shop for money.

Many prospective buyers don't know much about financing—how or where to get a mortgage.

Sell your home yourself, and there's not much you can do to help them.

A Realtor knows just about all there is to know about financing. Knows how to work closely with all kinds of financial institutions, knows their methods and requirements.

Very simply, the professional real estate person can help your buyer find the money needed to buy your house.

Red tape.

Selling a house involves many details. Paperwork, title searches, finance arrangements. There are a hundred little things to be done.

Unless you have a mind like a computer, you'll need professional help to get everything done and keep it straight. A Realtor and your attorney will guide you through the tangle of details as painlessly and safely as possible.

Be it ever so humble.

Crowded closets may make a home look lived-in, but they don't do much for a prospective buyer. Neither does a dripping faucet, unkempt lawn or loose doorknob.

There are dozens of little things you can do to make your house more saleable. The real estate expert can show them to you. (Some of them would have never occurred to you.)

Showmanship is all it's cracked up to be.

In conclusion.

You may be wondering why Chicago Title Insurance Company cares about how you sell your home. After all, we're in the business of insuring titles to real estate, not selling it. It's just that after serving title needs for over 130 years, we've come to know how important Realtors are and how they can help you.

We wanted you to know, too.

"The Househunter's Guide" can help you whether you're buying or selling a house. For your free copy, write Chicago Title, Department BH3, 111 W. Washington St. Chicago, Illinois 60602.

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Margaret Daly

SUMMER JOBS FOR KIDS:
how parents can help

If you start checking out the summer options now, your youngster will have the best chance possible to land the right job

According to personnel experts, it's not a moment too soon to start gathering information and making inquiries about summer jobs—especially if your youngster wants a job that's out of the ordinary, or one that's in demand with young people. Starting now allows youngsters time to examine alternatives, meet application deadlines, and even develop skills (such as typing) that could help land a job.

Because of our tightening economy, more young people—from junior high schoolers to postgraduate students—will probably be chasing fewer jobs this summer. What's available to your child will depend upon age, skills, and job openings. Some good possibilities for different age groups include the following jobs:

● ***Ages 13-15.*** Often the best jobs for this age group are self-created. Young teens can set up car-washing, baby-sitting, lawn-care, or party services. The youngsters also can read to, or shop for, shut-ins, or offer themselves as gardeners, or make or sell crafts or cookies.

In some communities, "rent-a-kid" businesses arrange to have young teen-agers tend lawns, run errands, and perform other tasks that children can handle. Some of these job services are organized by youngsters in this age group.

Before your junior entrepreneur starts his or her super-small business, check with local authorities to make sure no special papers or permits are required.

Another possibility for the young teen—girl or boy—is to become a mother's helper—perhaps in a summer resort area where families have vacation homes. In return for helping out with the family's little children, the teen-ager receives from $45 to $175 a week, plus room and board, in some parts of the country. The Anne Andrews Employment Agency in New York places helpers from age 13 to 30.

● ***Ages 16 and 17.*** Amusement parks employ thousands of young people of this age and older. Sleep-away camps often seek older teen-agers as counselors, but will take 16- and 17-year-olds as junior camp counselors or service personnel. Applications generally should be made by early spring.

Fast-food companies, restaurants, and retail stores may have job openings at any time during the year, though there's often an influx of applicants for the summer. Resorts also may hire younger teen-agers for unskilled positions. Most resorts accept applications from March to May.

A teen-ager who is willing and able to do rougher work might find a job as a factory laborer or assistant in the construction trade. Some local unions will help place the youngster and waive union dues.

What about volunteer work?

If your child cannot find a salaried summer job, or he or she is too young to find one that's suitable, volunteer activities might fill those long summer days. The payoff, according to one adult volunteer worker, "comes with references, learning, and a greater understanding of people—the youngsters themselves, as well as others." Usually the lower age limit for volunteer work is 13 or 14.

In just about every community, volunteer referral services will help junior high and high school students find the right volunteer spot. Recreation departments, boards of education, United Way agencies, hospitals, and even city governments can help, too.

Your child might be assigned to escort toddlers through a zoo or visit patients in a hospital. He or she might find work in a day camp or a day-care center, a botanical garden or a senior citizens program, a school or a nursing home.

● ***Ages 18 and over.*** School placement offices generally can advise high school graduates and college students about internships in the government, law, industry, journalism, or just about any other field. Competition is usually tough, and pay may be limited, but such work is almost always an invaluable career boost.

One often overlooked placement service for this age group is a temporary employment service. Manpower, Inc., alone, with 450 offices throughout the country, placed 25,000 students in the summer of 1979 and expects to do the same in 1980. The more skills a student has, the more he or she will be paid and the easier placement will be. Even someone who types 40 words a minute can qualify for a job as a clerk-typist, so a spring-term typing course at school might be a good precursor to summer work.

Special government programs

The government lists a variety of job opportunities in *Announcement #414, Summer Jobs,* which is available through Federal Job Information Centers. They're listed in most phone directories under U.S. Government. Most application deadlines for these jobs are in April or earlier, so write now. Some possibilities:

● *The Youth Conservation Corps* is operated by the Department of the Interior and the Department of Agriculture. In the summer of 1979, the Corps employed 45,000 young people between the ages of 15 and 18. Funding may be somewhat less in 1980, but the program will still offer many job opportunities to kids of all income levels. Youngsters are paid the minimum wage, and participation is limited to one summer. Although work projects are under the auspices of federal government divisions like the Fish and Wildlife Service, the Park Service, and the Forest Service, students work

continued



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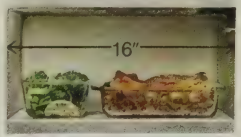
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"It has all the microwave oven features I need.

I can cook by time or by temperature. And with the Microwave Guide and Cookbook that came with my Spacemaker oven, I'm whipping up meals I never realized I could microwave! The book has over 280 pages and 440 easy-to-follow recipes.

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And what's playing is—your child, with the Pink Panther, Cookie Monster, Bugs Bunny,* Mickey Mouse, Big Bird, Snow White, Pluto, Dumbo, Pinocchio... to name a few. What's more, they can be run furiously fast, in slow motion or backwards, just by turning the handle. There are 20 different movie cartridges you can buy—each one a full-color cartoon that your child can see over and over and over, all by himself.



Movie Viewer Theater has its own large screen, or can project against a wall.



Movie Viewer gives your child a private show.

Now that you've had the previews, get some more cartridges. (And a Movie Viewer if you don't already have one.) They'll be one of the biggest attractions in your house.

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Want 3 delicious meaty astes? Please don't bother the butcher.



How much should you help?

That depends on your child's independence and age. For the older student, keep your ears open for job possibilities. Don't overlook the fact that connections help: A friend's or relative's business is the likeliest place for your youngster to find a first job.

The mid-teen-ager may need your assistance in preparing a presentable résumé or cover letter that's free of grammatical or spelling mistakes. If your child is a habitual procrastinator, you may need to prod delicately to persuade the youngster to apply early. You can help by finding out about necessary working papers and sending away for relevant publications (some are listed at the end of this article).

For the younger high school or junior high school student, you may want to take a more active role. If your child wants to be a mother's helper, by all means meet the parents the youngster will be working for. That way, you can learn about the family and what will be expected of your child.

Generally, it's a good idea to check up on any job away from home or with an unfamiliar company. If other young people in your community have worked for the employer, ask them, and perhaps their parents too, about the company's policies and procedures.

The basics

Age, experience, interests, and sometimes ingenuity will affect your youngster's job chances. Personnel counselors

continued

continued

Summer jobs for kids

in their own states. For applications, write to: U.S. Youth Conservation Corps. P.O. Box 2975, Washington, D.C. 20013. The deadline for applying is mid-March, so be sure to send for the materials right away.

- Another, more selective program is the *Federal Junior Fellowship Program*, for high school seniors who are going to college. In the next four years, 5,000 seniors will be selected and then placed for each summer of their college careers in a government job that is matched to their major. Students must be nominated by their high schools and must be in the upper ten percent of their class. First considered are students with family incomes less than $15,000, and next, those with family incomes of $15,000 to $30,000. (Income requirements may change.) Information should be available at your child's high school, and nominations usually are made in March.
- You also might contact your representative or senator to see if there will be openings in his or her office through the *Congressional Intern Program*. Applications are handled through the individual legislator's office, which also sets its own deadlines. Salaries (if any) are low ($500 to $600 a month) but the experience is excellent. Interns also are hired by special congressional committees. For general information about the program, write to: The Congressional Intern Program, Washington, D.C. 20515.

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Beef, liver and bacon.
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continued

Summer jobs for kids

agree on these general guidelines for getting a job:

● *Know oneself.* It's a waste of time for youngsters to seek jobs they really don't want or cannot handle. Before being interviewed by strangers, your child should do some self-analysis and answer some key questions: How much money does the youngster want or need to earn? Is a summer of fun the goal? Experience in a chosen field? Adventure? College credit? And if a local job isn't available, is the youngster willing to travel elsewhere?

● *Develop special talents.* Try to encourage your teen-ager to cultivate his or her talents; any specialization helps. For a camp job, the deciding factor can be a Red Cross lifesaving certificate, tennis skill, or experience with children—even baby-sitting. Knowing how to type or how to use an adding machine or cash register can pave the way to a summer job in an office or store. These are skills a youngster can work to develop during the coming months in preparation for a job.

● *Know the market.* If you don't know of any job openings yourself, ask friends, co-workers, and youngsters in the neighborhood. Your child should ask around as well.

Generally, the best bets for high school and college students are still traditional ones: camps, amusement parks, resorts, restaurants, and offices (through temporary-help employment agencies). But it pays to look at *all* options. Workers are often needed on farms. Historic areas often want extra guides. And although competition is tougher for young actors, singers, dancers, photographers, and artists, they may even find a market for their talents. Jobs in summer stock and regional dinner-theater jobs are in great demand, so do apply early.

Treat job interviews seriously

In recent years, many employers have voiced displeasure about sloppy, slouching teen-age job applicants who were unprepared to answer pertinent questions about their job interests. Today's crop of kids may be more career oriented, but they still can use some parental advice about decorum and dress for job interviews.

The Summer Employment Directory (see below) recommends that students use résumés and cover letters when applying by mail. References should be checked beforehand, and older students should do a little research on the company before the interview. Attitude is important. Advise your job-seeker to be positive and confident, and to evidence interest in the work itself—not just in the money or extra benefits.

For more information

In addition to making inquiries through local sources, go to the bookstore or library to research employment opportunities. Or, write now for these reference books and pamphlets about possible summer jobs for your child:

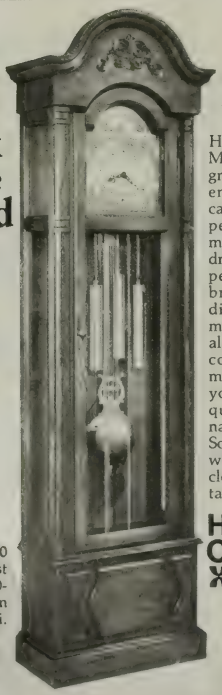
● The *1980 Summer Employment Directory of the United States,* which is published by Writer's Digest Books, lists 60,000 jobs with 900 employers. It's available for $6.95 in paperback at most bookstores; or you can order the book through Writer's Digest Books, 9933 Alliance Road, Cincinnati, Ohio 45747.

● The American Camping Association, Bradford Woods, Martinsville, Indiana 46151, offers a packet of job information for $5.95 (including shipping) that includes a list of 2,500 camps, locations of state ACA offices, placement services, and helpful pamphlets. Other sources of information on camp jobs are the Association of Independent Camps, 55 West 42nd Street, New York, New York 10036; service clubs; and youth organizations like the Scouts, Camp Fire Girls, YMCA, and YWCA.

● Information about laws affecting the young job-seeker is contained in a free, easy-to-read pamphlet called *A Message to Young Workers about the Fair Labor Standards Act.* Write the U.S. Department of Labor, Employment Standards Administration, 200 Constitution Avenue, N.W., Room 04331, Washington, D.C. 20210.

—Katherine Barrett

Buy this clock and the whole neighborhood will talk about your grandfather.



Here's a classic Howard Miller design. A 77½" tall grandfather with a deeply embossed carved oak case. Inside dwells a superbly accurate Westminster chime movement, driven by an elegant lyre pendulum of polished brass. A Tempus Fugit dial with individually mounted Arabic numerals and corner ornaments completes a most dramatic picture. And since your clock is of heirloom quality, it bears your name engraved in brass. So, start a family tradition with a Howard Miller clock—and the neighbors talking.

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Margaret McMahon

idea NOTEBOOK

Fabric protection unlimited

All of a sudden Teflon isn't just for pots and pans. DuPont Company has recently come up with a version of their famous trademarked product that's suitable for fabrics and carpets. The new Teflon soil and stain repellent will replace DuPont's Zepel for home furnishings, although Zepel will continue to be used on clothing. Teflon has been specially formulated to give the best protection possible on upholstery and carpets. A Teflon-treated fabric will repel dry soil and water or oil stains. Most spills will just lie on the surface of the material and can be blotted away. So look forward to seeing a Teflon tag on your new sofa or chair.

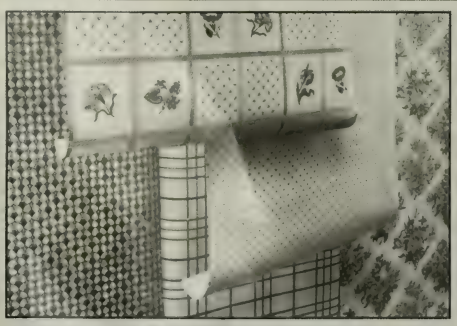
Stenciling from A to Z

One of the most gratifying craft activities is stenciling, and Stencil Magic is *the* source for patterns, supplies, kits, and ideas. The company's many and varied packages include patterns for those who like to cut their own stencils, precut stencils in handsome designer and classic motifs, plus kits for aprons, place mats, and cards. The founders of Stencil Magic, Jim Fobel and Jim Boleach, have also written *The Stencil Book,* which is the last word on stenciling how-to ($13.95 including postage). For a package of leaflets with information on all Stencil Magic products, send 50 cents to Stencil Magic, 8 West 19th Street, Dept. BL, New York, N.Y. 10011. *The Stencil Book* also may be ordered from the same address.



Investor savvy

Unless you're a whiz on the stock market, you probably feel you could use some sound investment guidance. To help fill this need, a distinguished group of economists has formed the American Association of Individual Investors (AAII). The AAII, an independent, nonprofit organization, is dedicated to helping individuals effectively manage their own assets by providing comprehensive financial information. The *AAII Journal* is published monthly and includes investment news analyses, reports on research projects, a rundown of important features from other periodicals, reviews of tax rulings, and articles on various investment topics. The Association also offers a complete home study investment course, publishes special reports, and sponsors regional seminars in addition to an annual convention of members. Membership in AAII is $29 a year and includes a subscription to the *Journal*. AAII, Dept. J, 612 N. Michigan Ave., Chicago, Ill. 60611.



Coordinated cover-ups

Here's help for those who want to wake up their walls. Designer Angelo Donghia has joined with James Seeman to produce a handsome, eclectic line of wall coverings and coordinating fabrics. The "Donghia" collection includes a range of designs from romantic to geometric to splashy. There are 21 wall covering patterns in 92 color variations and ten fabrics in 39 color selections. The 48-inch-wide fabrics are 100-percent cotton or 50-percent cotton/50-percent polyester, and they sell for $12.95 or $14.95 a yard. Wall coverings cost from $18.95 to $24.95 a roll. For a free color brochure write James Seeman Studios, 50 Rose Place, Garden City Park, N.Y. 11040.

continued

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Save $10* on ceramic lamp

Shed light on your new furniture with this marbleized ginger jar table lamp. A perfect addition to your bedroom. *Now only $29.99.*

Matching wall unit pieces also on sale

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Sears five-piece dining room. Only $499.88

Grandesign combines durable construction with elegant craftsmanship. A hardwood table accented by a matched veneer tabletop. Four natural cane, high-back chairs upholstered in beige tones with padded chair seats. *Save $100.* Table and 4 side chairs only $499.88.*

Save $100* also on matching china base and hutch. Complete with burl look panel on center door and lighted china interior. *China base and hutch only $400.*

Sears

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continued

idea NOTEBOOK

Touring exhibits

Like ballet and theater, museum exhibitions have become favorite national pastimes, and luckily many of the major shows travel extensively throughout the country. Here are a few of this season's exhibits that are well worth a visit.

The American Renaissance 1876-1917

This show, arranged by New York's Brooklyn Museum, explains the architecture, paintings, sculpture, and decorative objects of a dazzling period in American life. Over 300 objects will be on view. Washington (Feb. 22-Apr. 20), San Francisco (May 31-Aug. 10), Denver (Sept. 24-Nov. 30).

Gold of El Dorado

The Museum of Natural History in New York assembled this collection of Colombian archaeology. It includes over 500 items of gold made by Colombian Indians and covers a period of 1,000 years from the time of Christ. Chicago (Apr. 25-July 5), dates for San Francisco, Washington, D.C., New Orleans to be announced.

The Bronze Age of China

This exhibit of bronzes, jades, and terra-cotta figures was arranged by the Metropolitan Museum and opens in New York in April. Of particular interest are the stunning larger-than-life terra-cotta horses and figures that were recently excavated from the tomb of the First Emperor of Ch'in who died in 210 B.C. Chicago (Aug. 20-Oct. 29), Fort Worth (Dec. 10-Feb. 18, 1981), Los Angeles (Apr. 1-June 10), Boston (July 22-Sept. 30).

Edward Hopper: Prints and Illustrations

The Whitney Museum of American Art in New York organized this unusual exhibition of Hopper's early prints and commercial illustrations that appeared in magazines such as Scribner's and Country Gentleman. Boston (Feb. 5-Mar. 16), Athens, Georgia (Mar. 30-May 11), Detroit (June 10-July 20), Milwaukee (Aug. 7-Sept. 21).

5,000 Years of Korean Art

A major exhibition of Korean works of art including over 300 pieces of ceramics, stoneware, gold and jade jewelry, Buddhist sculptures, and other items will be seen for the first time in the United States. Chicago (Feb. 16-Apr. 27), Cleveland (June 10-Aug. 10), Boston (Sept. 16-Nov. 30), New York (Jan. 5-Mar. 15, 1981), Kansas City (Apr. 17-June 14, 1981).

Henri Cartier-Bresson/ Photographer

This exhibit was selected by Cartier-Bresson and is a personal statement of his 50 years as a photographer. On display will be 166 black and white photographs. Chicago (Feb. 12-Mar. 23), Pittsburgh (Apr. 17-June 8), Boston (June 24-Aug. 31), Washington, D.C. (Sept. 19-Nov. 2), Seattle (Nov. 19-Jan. 4, 1981).



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Woven wood window treatments

Almost all windows can be enhanced by woven wood shades or draperies. And these popular cover-ups are as functional as they are fashionable. They have excellent insulating qualities because they're made of thin wooden slats woven together with strong yarns. You can choose from a variety of ready-made woven wood treatments or have shades or draperies custom-made to fit most any window. Here are some helpful shopping tips.

Choosing the right style

With so many different styles of woven shades and draperies to choose from, you should find several to your liking. Here's a rundown of what's available.

Roman shades either fold up from the bottom or down from the top, and can be made to fit most any shape or size window. These shades are equipped with cord locks that hold the shades in any raised or lowered position.

Cord and pulley shades roll up from the bottom, much like porch blinds. As with Roman shades, cord and pulley shades can be locked in any position.

Spring and roller shades are made like conventional window shades and operate the same way. But because of the bulk of the woven wood material, these shades aren't recommended for windows larger than 72 inches square.

When installing a spring-roller shade, you'll want to take into account the shade's projection from the window casing. Often a shade made with bulky yarn and wide slats may protrude quite a distance from the window frame. If you combine draperies with this type of shade, you'll need to allow clearance space between the shade and the drapery rod.

Draw draperies, made of vertical wooden slats, can be drawn back in even ripples or in tailored pleats. The draperies are available in almost any length and width.

Stacking draperies are made with flat woven wood panels that slide behind one another on a track. When they're open, the panels stack at the sides of the window; they're particularly practical for sliding glass doors.

Any of these treatments is enhanced by a matching *woven wood valance.* Valances are available with scalloped, curved, pointed, or square-notched edges. You can also buy decorative "skirts" to trim the hemlines of shades.

Woven wood shades and draperies are constructed with yarn of almost any color. Natural colors—like deep rust, copper, gold, blue, brown, and white—are plentiful. You'll also find color combinations like red, white, and blue.

The slats themselves are available in white and in natural wood tones that range from light to dark.

Custom- or ready-made

Custom-made woven wood shades and draperies are designed to fit your windows exactly. Usually the best quality materials are used, which accounts in part for the higher cost.

continued



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Stanley Furniture

Manufacturer's suggested retail price for the table is about $840. For a brochure, send a dollar to Stanley Furniture, Dept. ACO, Stanleytown, Va. 24168.

continued

Window treatments

Draperies and vertical woven wood systems should always be custom-made and professionally installed, as proper fit is essential for efficient operation. They're great for dressing hard-to-fit windows.

A dealer or interior designer can suggest styles and materials that are best suited to your decor. He or she will also be responsible for measuring the window to determine correct shade size, placing your order, and installing the shades or draperies when they arrive.

Prices for custom-made shades and draperies range from $60 to $130 for a 38x48-inch size. The installation fee will range from about $7 to $20 per window. Most dealers will provide a free estimate. Delivery time for custom-made shades and draperies is about four to six weeks.

Made-to-measure woven wood shades are generally of the same high quality as custom-made shades. They, too, are made at the factory according to your specifications. But, because you must measure and install your own made-to-measure shades, they are considerably less expensive than custom-fit ones.

The style of made-to-measure shade you choose will determine the way you measure your window for installation. Consult your dealer for the correct instructions. Always use a steel tape measure.

Ready-made woven wood shades are the least expensive woven wood window treatment. They're available in several standard sizes from department and furniture stores and mail-order houses.

Because the size of ready-made shades cannot generally be altered, the shades may have to be mounted on the wall or ceiling, or outside the window casings.

The cost of ready-made shades varies with the weave. A 36x42-inch ready made shade with a fairly loose weave will cost around $28. A tightly woven shade of the same size will cost around $36.

Ready-made shades come with installation instructions. Brackets and hardware may or may not be included.

Check for quality

If you're ordering custom-made or made-to-measure shades or draperies, ask to see a sample of the manufacturer's products to determine the quality of the construction and materials. Ready-made treatments will be on display at furniture and department stores.

Generally, the tighter the weave and the more yarn used to make the woven wood shade or drapery, the better the quality. Check the back of the shade or drapery, as well as the front. Hold the woven wood up to the light; the less light shining through, the tighter the weave and the higher the yarn content.

Examine the yarns of woven wood shades and draperies for careful lacing and uniform color. Yarns that are frayed or knotted will break with use. They're signs of a poor-quality product.

Although most woven treatments have pine slats, some have reed or plastic slats. The slats are usually about one-twelfth of an inch thick and range in width from one-fourth inch to almost one inch.



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Gardener's log



"Daffodils, that come before the swallow dares, and take the winds of March with beauty"
– The Winter's Tale
by Shakespeare

March winds notwithstanding, this is the month when most gardeners can see the light at the end of the tunnel. In the South and West, gardeners can enjoy early-blooming shrubs, trees, and flowers. And even in the North, gardeners can start emerging from hibernation.

Check your soil

Before you spade or dig, test to see if your soil is workable. Remove one spadeful of soil, digging down at least six inches. Then pick up a handful of soil and squeeze. If the soil is too wet to work, it will remain in a lump after you open your hand. But if the soil crumbles when you open your hand, you can go ahead and dig and plant.

Attend to mulches

When the growing tips of early-flowering spring bulbs measure an inch or two high, carefully clear the winter mulch away. If you leave the mulch on longer, the tops may grow bleached and crooked. Also, you might injure the tender growing tips when you rake.

Fluff up packed mulch on perennials to let air circulate and to prevent decay. After you have loosened the mulch on your perennial bed, reach under the winter covering and press back into place any plants that have heaved up from alternate freezing and thawing during the winter.

Loosen the mulch from your strawberries just enough to let light reach the leaves during the first warm days.

Sow hardy annuals outdoors

As soon as the surface of the ground is frost-free, you can broadcast seeds of hardy annuals such as shirley poppies, bachelor's-buttons, larkspurs, and other frost-resistant annuals.

Apply dormant oil spray

If your fruit trees were bothered last summer by aphids, red spiders, scale, codling moths, leaf rollers, canker worms, thrips, or other chewing or sucking insects, you can apply a dormant oil spray while the trees are still leafless. This will kill most of these pests before they can get a foothold.

You can buy ready-made oil sprays at your local garden supply stores. Follow the manufacturer's directions for application. Always be sure to cover the entire tree when you spray; over-spraying doesn't hurt. Don't spray after the trees have started to leaf out.

Plant to attract birds

Making your garden attractive to birds pays off practically as well as aesthetically. In addition to pleasing the eye and the ear, birds consume literally thousands of insects and garden pests. You can make your garden attractive to birds by providing water, plenty of natural food, and suitable cover for both nesting and perching.

Start a compost pile

An excellent way to turn garden refuse into rich organic matter and nutrients for your garden is to start your own compost pile. Find a secluded, shady area on your property and build at least two enclosures out of wire, concrete blocks, or planks. With two bins, you can easily aerate the compost by forking it from one bin to the other. Avoid piling compost against your house, garage, or a favorite fence; compost can harbor wood-rotting fungi.

Basically, the composting process is an accelerated version of what goes on all the time in nature. Leaves, twigs, dead grass, and other organic materials are attacked by billions of microorganisms when they come into contact with the soil. With the proper amounts of heat, air, water, and nitrogen, nature's wastes are reduced to a form that can be utilized by plants.

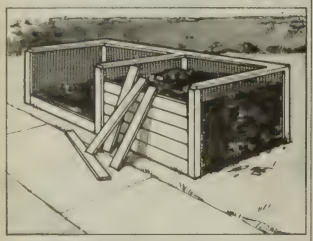
Start your compost pile with lawn clippings and leaves, topped off with vegetable and fruit parings. When this refuse reaches about six inches in depth, add a cup or two of limestone and cover with an even one-inch layer of soil. Periodically layer more refuse on top of this until your "soil sandwiches" reach the top of the bin. Keep the pile moist and turn it every three or four weeks, forking all the organic materials together until they have rotted completely. Fresh animal manure, nitrogen fertilizer, or commercial compost activators can be added to increase microbial action and thereby speed up the breakdown process.

continued

Illustration: Steven Shindler

continued

Gardener's log



During decomposition, temperature inside the heap will rise as high as 170 degrees Fahrenheit. This is why it is so important to keep the pile moist at all times. If it's allowed to become dry, the finished compost will have been burned, and will have little value in soil improvement.

Compost is ready for use when it's uniformly dark in color, crumbles readily, and has a clean woodsy odor. Time required for decomposition will depend on the materials you use and how diligent you are in feeding, watering, and stirring the pile. Leaves added to the heap one fall should be usable compost by the following fall.

Shape up some shrubs now

Branches of certain shrubs, such as tamarisk and butterfly bush, die back to the ground each year in cold climates. Now is the time to cut off the old tops; growth for this year will arise from the crown of the plant.

Snowhill and Peegee hydrangeas will put forth larger flowers if you cut their stems back to about 12 inches now.

To rejuvenate privet, honeysuckle, and other deciduous hedge plants, cut one-third of the oldest woody shoots at ground level, then head back the remaining branches.

Wait until after flowering to cut back forsythias, flowering quinces, lilacs, mock oranges, and spireas. After the flowers fade, thin out the oldest woody branches at ground level; head back the tops.

IN THE SOUTH

Sprig lawns

You can sprig centipede, zoysia, and other warm-weather grasses now to improve your lawn. Plant sprigs in continuous rows spaced six to ten inches apart. The closer the spacing, the quicker the coverage. Firm the soil to the roots and water well. The soil must be kept constantly moist for about two weeks until sprigs are well rooted. Then, water once each week as needed to encourage vigorous growth. Feed with a commercial lawn food a month after planting.

Feed your pyracantha

To ensure husky, vigorous growth and a resultant heavy set of berries, give your pyracantha a good feeding this month.

This ornamental shrub likes a well-drained soil and full sun or partial shade. It is evergreen and always handsome. Use pyracantha to brighten a fence, or espalier it against a wall.

IN THE WEST

Herb care

If you have perennial herbs in your garden, some of them may need attention. Lift mint plants that have become too large, and separate and replant them in freshly prepared soil.

Lift seedlings of marjoram and use them as a border plant in other spots in the garden. Divide chive clumps before they flower, leaving only six or seven bulbs per clump.

Slug removal

If slugs are destroying your garden, trap them with a shallow pan sunk in the ground and filled with beer. The slugs will be attracted by the smell of the beer and will usually tumble in during the night and drown.

Notes On My Garden

First Week, March 1-8

Second Week, March 9-15

Third Week, March 16-22

Fourth Week, March 23-29

Fifth Week, March 30-31

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LEMONY DILL SAUCE

(Makes about 1½ cups)

1/3 cup butter or margarine
3/4 cup mayonnaise or salad dressing
1 egg
1/4 cup ReaLemon® Reconstituted Lemon Juice
2 tablespoons water
1 tablespoon sugar
1 teaspoon chicken-flavor instant bouillon
2 teaspoons chopped fresh dill OR 1/4 teaspoon dill weed
1 hard-cooked egg, finely chopped, optional

In small saucepan, melt butter. Blend in mayonnaise, egg, ReaLemon, water, sugar, bouillon and dill; mix well. Over low heat, cook and stir until thickened (do not boil). If desired, fold in hard-cooked egg and heat through; or use egg to garnish sauce. Serve warm over Van de Kamp's® Batter-Dipped Fish and along with Ore-Ida® Southern-Style Hash Browns. Refrigerate leftover sauce.

ZESTY COCKTAIL SAUCE

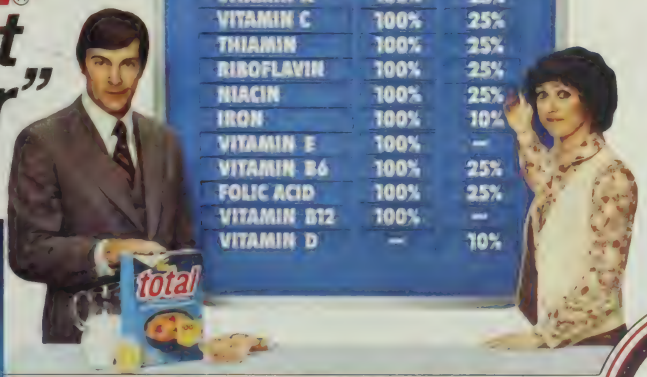
(Makes about 1½ cups)

1 cup catsup
1/3 cup pickle relish, drained
1/4 cup ReaLemon®
2 tablespoons prepared horseradish
2 tablespoons finely chopped onion

In small bowl, combine ingredients. Chill to blend flavors. Serve with Van de Kamp's® Batter-Dipped Fish and Ore-Ida® Southern-Style Hash Browns.

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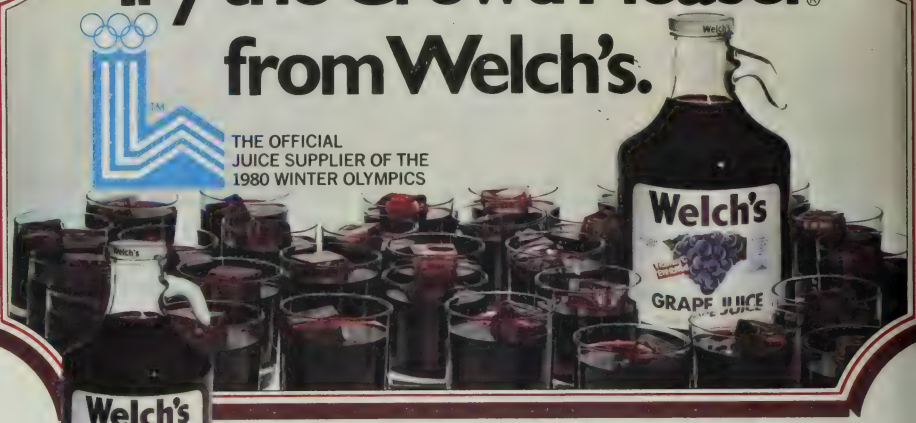
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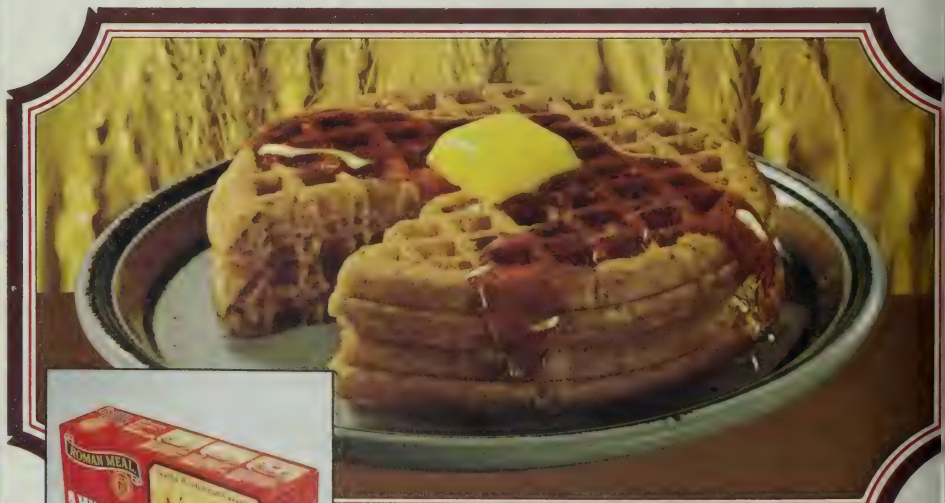


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DESIGN-IT-YOURSELF

DISHES & LINENS

By Nancy Lindemeyer and Gary Boling

To chase away the morning chill, set this warm and inviting breakfast table with paint-it-yourself dishes and bright appliquéd accessories. Decorating a set of dinnerware is easy when you start with pre-molded pieces from a local ceramist's shop. First you paint the patterns onto the pre-fired pieces, then add the glazes. Whether you create a full set of dishes for yourself or just a teapot for a friend, you're guaranteed a unique design. To complete this country look, appliqué the plate motifs onto a set of linens for your table, too. For more, please turn the page.



Dinnerware design: Beckie Baker. Accessories design: Phyllis Dunstan. Photographs: Mike Dieter

DESIGN-IT-YOURSELF

DISHES & LINENS

The teapot and coffee server, *below,* featuring a red barn nestled midst green pastures, are the most detailed of the tableware. The simple shapes are easy to embellish, however, so the glazing won't be difficult. And to complement these pastoral pieces, stitch up a set of cloud-shaped place mats and cheery napkins as well. Machine appliqué makes the job easy and gives you professional-looking results. For a country-fresh background, top the table with crisp blue gingham.



Lush appliquéd hills roll along the hem of the bottom table skirt, *opposite.* For graphic impact, each hilly pasture is boldly outlined with machine stitching. Since you begin with a king-sized bedsheet, you eliminate any tedious piecing. Simply cut the pattern pieces from various fabrics and appliqué them in place. Cover the appliquéd tablecloth with a short, round skirt made of blue gingham. The quilted tea cozy, warmed by a colorful sunrise, is as pretty as it is practical, and it's easy to stitch. Repeat the spirit-lifting sunrise motif on a set of matching napkins.

Puffy clouds drift lazily across these cups, mugs, and serving pieces, *below.* Creating picture-perfect cloud designs is a snap. Just make "stencils" from round stick-on labels found in stationery supply stores. Bands of grassy green encircle the dinner plates and saucers, while a lone bird perched on a fence post keeps watch over the mugs. The design shapes are outlined with black overglazing to add just the right final touch of detailing.

All how-to begins on page 202.







Great Flowers FROM SEED

This spring, why not give your home an inexpensive beauty treatment with bright, blooming annual flowers? These versatile plants fit easily into any landscape plan and are available in an almost limitless selection of sizes, shapes, and colors. And best of all, most varieties are easy to grow from seed and will produce brilliant color from summer until frost.

You can grow annual flowers alone, or team them with other garden plants. In the perennial garden, use annuals to bolster the color show after spring blooming perennials have died down. Or, perk up an all-evergreen foundation planting with brightly colored low-growing annuals. Even rose gardens will benefit from a few annual flowers tucked in between the bushes.

In a bed of their own, annual flowers are breathtaking. You can mix several different varieties of annuals to create a tapestry of color or make a more dramatic statement with a mass planting of only one annual variety.

If you decide to plant a mixed bed of annual flowers, be sure to choose varieties with compatible flower colors. Yellow, orange, and red flowers are a likely combination. Or, plan a pink, blue, and white color scheme.

Put taller varieties like cosmos and standard marigolds and zinnias in the back of the bed; medium-height plants like nasturtiums, cornflowers, and celosia in the center of the bed; and low-growing plants like dwarf marigolds, alyssum, and portulaca in front. And, for best effect, plant your annual flowers in drifts or clumps, not in rows.

To create a massed bed of annual flowers, simply sow your entire garden to one variety. But, before you plant, be sure you pick one of your favorite flower colors so you won't tire of the hue when it's used lavishly.

For a more staged effect, try massing short and tall varieties of the same species. Use marigolds, zinnias, or snapdragons.



Photograph: George de Gennaro. Source: Pauline Graves

One way to jazz up a patio edge is with a mixed bed of annual flowers. In this garden, above, *dianthus, lobelias, dwarf marigolds, zinnias, cornflowers, ageratum, and dwarf dahlias join forces to create an extravaganza of color from spring until frost.*



Photograph: Ernest Braun. Source: Barbara Cathcart

Add a touch of elegance along a drive or walkway by teaming Pacific Beauty calendulas with a formal boxwood hedge, above. *Calendulas are long-blooming annuals that prefer a cool, moist climate. In hot locations, substitute yellow marigolds.*

You can make your backyard look like a country retreat with a mixed planting of shirley poppies, annual chrysanthemums, and California poppies, right.

Type illustration: Tim Girvin



Photograph: Chuck Ashley. Source: Barbara Cathcart. Landscape design: Nancy Ann Whiting



Great Flowers FROM SEED

To create your own colorful bed of annual flowers, just follow the steps listed. You can plant a mixed bed of annuals like ours, or you can plant the entire bed to one variety. Just remember that many annuals are sensitive to cold and shouldn't be planted in the garden until all danger of frost has passed. In Southern and West Coast regions you might want to plan for two successive annual gardens; one with cool weather annuals for winter color and one follow-up garden with hot weather annuals for summer color.

Step 1

Good soil preparation is the key to a beautiful and thriving annual garden. Most annual seeds are quite small and will not germinate if the garden soil is hard or compacted.

To start your garden, spade the entire area to a depth of eight to ten inches. Don't begin spading the area if the soil is wet. As you spade, remove any stones or other debris. Keep spading the area until the entire garden is in a loose, friable condition. Then, rake the surface smooth.

Step 2

If you have access to a rotary tiller, you can probably eliminate the spading and simply till the garden to a depth of eight or ten inches. Tilling is especially effective if you are starting a new garden in an area that has been growing in sod. If possible, make several passes over the garden with the tiller.

Step 3

After you've spaded or tilled your flower garden, apply some amendments to keep the soil porous and moist and to boost fertility. First, spread a layer of vermiculite or perlite over the surface of the garden and rake it into the top four inches of soil. Then, add an inch or so of compost or well-rotted manure over the garden and rake this material in, too. If you don't have a source of manure or compost, substitute dried commercial cow or sheep manure.

Step 4

Because annual flowers are often slow to germinate and are easily mistaken for weed seedlings, it's a good idea to lay lengths of clothesline over the surface of the garden to help identify where each variety of seed is to be planted. This way you can weed between the ropes without pulling up any annual seedlings, and easily identify seedlings as each set germinates. You can give these mini planting beds an informal look, or you can create a geometric design. Pull a little soil over each piece of clothesline to keep it in place.

When the ropes are in place, sprinkle the seeds over the surface of the soil and work them in with a hand trowel or fork. Be sure to mark each section as you plant, so you won't sow the same spot twice. Then, water each section thoroughly.

Step 5

After your seedlings have their second or third true set of leaves, thin them so that tall varieties stand about 12 inches apart, medium varieties about ten inches apart, and small varieties about six inches apart. Then you can remove the ropes.

Step 6

Our finished garden, *right,* includes Klondike cosmos, Red and Gold Sun zinnias, and a mixed bag of dwarf marigolds.











Annuals such as petunia, impatiens, balsam, coleus, pansy, sweet pea, ageratum, geranium, and fibrous begonia are slow to germinate and are best started indoors under grow-lights. Or, buy started transplants from your local greenhouse or nursery. The annuals listed below can all be started from seed directly in the garden after frost danger has passed.

[illegible]	Celosia	Godetia*	Phlox
[illegible]	Cleome	Kochia	Portulaca
[illegible]	Coreopsis	Larkspur*	Salvia
[illegible]	Cornflower	Lobelia	Scabiosa
Calendula	Cosmos	Marigold	Snapdragon
California poppy	Dahlia	Nasturtium	Stocks*
Candytuft	Dianthus	Nemesia*	Tithonia
Cape daisy	Fairy mist	Nierembergia	Zinnia
Carnation	Gaillardia	Nigella*	*Cool weather



Photographs: Peter Krumhardt





SHOESTRING DECORATING

Getting the look you like for less

By Shirley Van Zante

Part of the pleasure of buying a house is planning what to do with every nook and cranny—how to use the space and how to furnish it. But once a young family gets past the down payment and into the monthly mortgage bills, money for furnishings is apt to be scarce, especially if the house is an old one that needs repair or remodeling. Fortunately, low budget doesn't have to mean low style, as you'll see on the next several pages. They're filled with practical ideas you can adapt to your own home—and pocketbook.



Photographs: Jessie Walker. Design: Christine Garrett

When Christine and Gary Garrett and their three young children moved into the rambling vintage Victorian house pictured here, they were faced with some unwieldy spaces, less-than-desirable decorating schemes—and a limited budget.

Christine, an interior designer, used all her talents to come up with smart, adaptable decorating ideas that would give the house an immediate fresh, "finished" look—for minimum money. To stretch their funds as far as possible, she and Gary decided to do much of the cleanup and repair work themselves.

The first projects were to eliminate the dark, fusty wall colors and strip the old floors. To open up the rooms visually and make spaces flow together, the Garretts painted all the main living areas soft desert beige, accented with crisp white woodwork. Floors were stripped of old carpet and varnish, stained to a dark rich glow, and waxed.

Christine freed the windows of their heavy old draperies and had mini-slat blinds installed to regulate the sunlight—and to expose the wood trim.

One of her biggest projects was to fit the old furniture (some of it secondhand) into the new scheme. She decided to upholster all the seating with white quilted muslin. After cutting muslin sheeting to approximate furniture sizes, she quilted the pieces with polyester fiberfill and then had an upholsterer make slipcovers.

The former owners had removed a wall between two small parlors which created a spacious, but difficult-to-arrange, area. The Garretts opted to divide the space into two separate seating spots. One centers on a wall of bookcases and storage, *opposite,* which they painted white. Shelves filled with the family's books and favorite accessories add color punch and personality.

Across the way an antique armoire, *above,* is the focus for more comfortable seating. Again, the sofa, chair, and wicker chair pads are all muslin-covered. The Oriental rugs are fire-sale finds.

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SHOESTRING DECORATING

Customizing with your own handiwork

Liberal use of white paint helped turn a once-dreary room into this pleasand sleeping/seating area, *left*. The only structural change in the Garretts' master bedroom is the daybed which Gary built in under the windows. To make a seat cushion, Christine covered an old mattress from one of the boys' bunk beds. She stitched the bright pillows from fabric remnants.

The beautiful old brass bed, found in an antique shop, is dressed up in colorful contemporary sheets—and more of Christine's handiwork: a mattress cover and quilt made from the same white muslin sheeting used in the living room. A venerable bentwood rocker, painted white, is paired with a wicker chair to create an inviting spot for relaxing.

In the dining room of the Garretts' old Victorian house, *below*, two plastic-laminate-covered tables allow the family plenty of flexibility in how they entertain. Pushed together, the two tables make a generous surface for large family dinners or parties. Used separately, each of the tables can seat a dinner group of six; one table works nicely for family meals. The trim chrome-and-cane chairs are a less costly adaptation of a classic furniture design. In the old bay window, the massed green of Christine's plants helps hide a nothing-special view.

Buying Information, page 200



Photographs: Jessie Walker. Design: Christine Garrett


AN AMERICAN POP OPERA
THE MOTHER OF US ALL
TOBY

SHOESTRING DECORATING

Brightening up bedrooms with paint and pattern

Color and pattern are the secrets to decorating a child's room on a tight budget, and Christine Garrett used both in 11-year-old Toby's room, *left*. Walls were painted white to make the room seem larger than it is and to backdrop colorful furnishings and toys.

Christine stitched up the cotton quilts, and then used the colors to band the walls in a racing stripe. Box springs are covered in more quilted cotton that repeats a color from the comforter.

To quiet the patter of not-so-small feet, and also make a soft play surface, an old carpet was recut and used as an area rug. Plastic bins, lined up on shelves and under the play table, corral toys.

Although the room below is small and tucked under the eaves, the Garretts' older son, Matt, likes its coziness. Shabby patterned wallpaper was stripped away and walls were painted soft, space-expanding taupe; white was used to visually raise the angled ceiling.

The bed comforter, fashioned with a removable cover in a coordinating stripe, serves as a top sheet and blanket all in one. "Which means," says Matt's mother, "that all he has to do to make the bed is smooth the bottom sheet and fluff up the comforter. He loves it!"

Old Navaho-patterned rugs add color punch to the newly refinished floor.

Buying information, page 200



Photographs: Jessie Walker. Design: Christine Garrett

Big Yields In Small Spaces

By Douglas A. Jimerson

If the high cost of eating is getting you down, why not put your backyard vegetable garden into all-out production? It won't take a lot of extra work, and you'll be rewarded with more produce than you ever thought possible. To get you started, we've collected some yield-boosting tips that have been garden tested. We've also included a list of some popular high-yielding vegetable varieties.

Flowers and vegetables

When you plan your flower garden, don't forget to leave room for some of your favorite vegetables. Many crops like lettuce, cabbage, carrots, Swiss chard, and kale look great teamed with flowers, and you'll reap a tasty harvest as a bonus. In the photo, *top,* Great Lakes lettuce is used as an eye-catching border plant in a bed of Iceland poppies.

Cover crops

To have a high-yielding vegetable garden, you must have good soil. And one of the fastest ways to improve your soil's fertility and tillage is with a cover crop, also called "green manure crop." It is grown for the sole purpose of being tilled or spaded into the soil after the plants are several inches high.

Some of the most commonly used cover crops include annual rye grass, buckwheat, oats, and English peas, but almost any leafy garden crop will do.

Cover crops such as annual rye grass are most often planted in late August or early September after the vegetable crops are harvested.

If you are growing any fall crops, try sowing some annual rye grass directly around the base of your vegetables. In the photo, *top center,* annual rye grass was sown around a fall cauliflower crop and will be turned under as soon as the cauliflower is harvested.









Photographs: George de Gennaro, William Hopkins, Bill Helms, Peter Krumhardt

Seedbed

One of the best ways to keep your garden in constant production is to turn an unused corner of your yard into a seed starting bed, *bottom center.* The bed will allow you to start a continuous supply of vegetable seedlings all summer long. And in the spring, all you need do is make a plastic cover for the seedbed to create your own cold frame. In midsummer, add a bed-sheet sunshade and grow cool-weather salad crops.

Succession planting

If you like beans, beets, broccoli, cabbage, carrots, kohlrabi, or radishes, it's a good idea to sow them in short rows at one- or two-week intervals. This technique, called succession planting, keeps you from getting swamped with an overabundance of these crops.

In the photo, *bottom,* three different crops of cabbage are grown side by side. As each crop is harvested, the garden space can be turned over to quick crops like bush beans or beets.

Wide-row planting

You'll get more produce in less space if you plant crops like beans, peas, onions, lettuce, carrots, beets, Swiss chard, and parsnips in wide rows rather than in long narrow rows. Wide-row planting works on the principle that plants sown close together produce up to four times as much harvest as the same areas planted single file. Individual plants might not produce as much, but on the whole, volume of production will be much more.

All the crops in the garden, *right,* have been planted in wide rows. Most were seeded directly in the garden according to the wide-row system. Others, like the cabbage and cauliflower, were started indoors and moved into a wide row as seedlings.

continued on page 183

A STORE-IT-ALL SEWING CENTER

By CarolAnn Shindelar

Do you love to sew but hate the hassle of getting a new project started? By the time you hunt up the pattern and fabric, retrieve the scissors from the kids, and rescue unraveling spools of thread from the cat, you're ready to quit for the day. You'll never have to play hide-and-seek with supplies again if you build this sewing center. It sets up quickly, packs away easily, and holds a closetful of sewing needs.



Photographs: George de Gennaro. Design: Stevenson Projects



From the view *top right*, you might think the unit is nothing more than a glorified closet—but open the door, and a marvelous work center unfolds, *bottom right*. The swing-down tabletop behind the door opens into a five-foot workbench that is permanently fixed to the door, so the sewing machine can always be in its ready-to-work position.

Inside the unit you'll find all sorts of nooks and crannies for sewing equipment, *opposite*. There's a rack for two dozen spools of thread, a scissors shelf, a pegboard rack, a built-in file for patterns, a wastebasket, and a clothing rod for in-process projects. Three large cubbyholes in the bottom of the unit hold fabrics and supplies.

The basic materials for the sewing center are ½-inch and ¼-inch plywood and pine molding. To build the unit, you simply construct the rectangular box, attach the door, and cut and assemble the storage compartments. Plans include a list of materials, cutting diagrams, and complete how-to information.

Order Plan No.50390, page 220.



SMART COOKING for SMALL FAMILIES

By Marlene Brown



Cooking for a couple, a small family, or a clan that eats in shifts can pose sizable problems. If you overbuy, you have to cope with a week's worth of leftovers or toss out spoiled food. And if you "think small" and bypass large-size meat cuts and convenience products, you miss out on savings and have to shop more often. But here's a way out of the bind.

We'll show you how to scale down classic favorites, like lasagne and stroganoff . . . how to produce three couple-sized dinners from one economical roast . . . how to split a dinner mix to make two special entrées . . . how to divvy up a cookie mix into two desserts *plus* cookies. And we've provided special shopping and cooking tips, too. Put our ideas into action and start trimming your biggest cooking problem down to size.



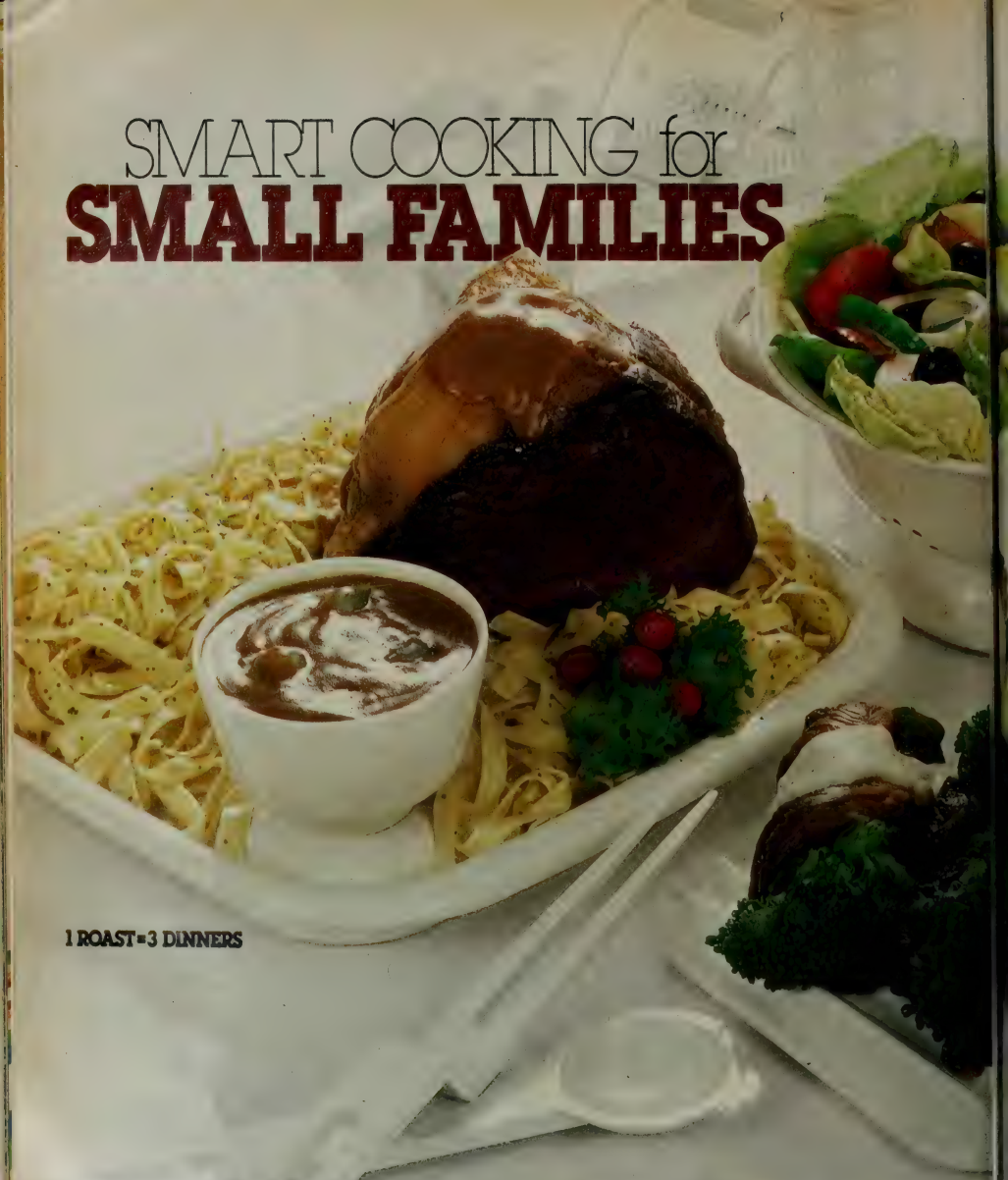
Photographs: Maselli/Sanders
Food stylist: Coena Coffee

TRIM DOWN RECIPE FAVORITES

You can whittle many classic recipes down to reasonable dimensions by using the new small-size food products, and purchasing only the amount of meat and fresh produce that you can use. Our hearty **Mexican Stew with Cornmeal Dumplings** *(back center)* calls for a packaged frozen vegetable medley and a small tube of refrigerated biscuits—turned into dumplings. You start with a small-size can of soup for three **Individual Seafood Stratas** *(center right).* Single-serving-size smoked pork chops simmer with vegetables for hearty **New England-style Platter** *(front right).* For **Curried Lamb Stroganoff with Raisin Rice** *(front left),* you use the meat from two shoulder lamb chops. Bake pared-down **Vegetarian Lasagne** *(center left)* in a loaf pan to serve two or three handily.

Recipes begin on page 164.
Buying information, page 200

SMART COOKING for SMALL FAMILIES



CAPITALIZE ON ECONOMY SIZE

1 ROAST = 3 DINNERS

Small families can get the same value from their food dollars as larger families do—it just takes some thoughtful planning. For example, even if your household is small, you can buy an economical roast without winding up with a glut of leftovers. The trick is to divide and create, as shown here. Purchase a large sirloin tip roast and split it three ways for a trio of delectably different one-meal dishes. Slice and broil one-third of the roast, wrap it around fresh broccoli spears, and top with a mellow cheese sauce to make **Broccoli Beef Roll-ups with Sauce Romano.** Roast the other two-thirds of the meat for a succulent **Sauerbraten Roast** with a rich gravy to serve over poppy-seed noodles. Cut up and chill the leftover roasted meat for chef-style **Rancher's Salad Nicoise,** great for a hearty cold supper.







1 COOKIE MIX = 2 DESSERTS

With a few innovations, you can make large-size convenience products do double or even triple duty for you. Here's how to get more than your money's worth from a packaged cookie mix. Bake a third of the mix in a one-pound coffee can, then slice and assemble for **Fruitful Yogurt Shortcakes.** Use the second portion of the mix for crumb-crusted **Small-time Cheesecakes.** Then enjoy a mini-batch of sugar cookies from the remaining mix.

1 DINNER MIX = 2 ENTRÉES

A small family can dine well on two separate occasions with one skillet dinner mix, in this case an Oriental-style version. **Shrimp Fried Rice** is a stir-fry that starts with half of the sauce mix and the rice. Another time, use the remaining sauce mix and rice for vegetable-sauced **Chinatown Omelet.**

Recipes begin on page 164.
Buying information, page 200

SHORTCUT BREADS

By Marlene Brown

Yes, even on a busy schedule you can make your own yeast bread, with our hassle-free recipes. Some are streamlined, others go together in stages so you can work bread making around other activities. Start from scratch or use quick frozen dough or bread mix. It couldn't be simpler, and the results are delicious!



Brown 'n Serve Dinner [illegible]

Like to serve homemade yeast rolls hot from the oven? You can make Rye Dinner Loaves *(above)* ahead, partially bake them, then stash them in the fridge or freezer. When you need them, finish baking and brush on a shiny glaze.

Quick-rise Braid

Savory Beef 'n Cheese Braid *(left)* is interwoven with three delectable pockets of a smoked beef and Swiss cheese filling. But the big news is that this loaf rises only once — and in half the time you'd expect — with the help of your oven. You prepare a standard yeast dough through the filling and shaping steps. Place the dough in your oven, turn the oven on for one minute, then turn it off. This quick method provides an ideal environment for the yeast dough to rise. Before you know it, you'll be able to cut thick slices of this bread to serve with a favorite soup or a crisp green salad.



No-knead Batter Loaf

You'll have to look for other ways to vent your frustrations—this mixer-made batter bread requires no kneading. Sunflower-seed-topped **Triticale Wheat Bread** *(left)* is made with flour processed from a unique grain called triticale. This bread's a natural winner served with butter and honey.

Freezer Dough Coffee Bread

Enjoy **Mom's Fruit-filled Coffee Bread** *(below)* with the help of your freezer. You mix up and freeze the dough for four coffee breads at once. Thaw dough for one, fill with prune or apricot filling, let rise, and bake as needed.

No-rise Sweet Rolls

There's no waiting around for these **Brioche-style Sourdough Rolls** *(left)*—the rising step is omitted. Thanks to self-rising flour and sourdough starter, you can produce these brioche-shaped goodies in the space of an hour. Stir together a rum glaze and top with sliced almonds.

Recipes begin on page 144.
Buying information, page 200

SHORTCUT BREADS



Photographs: de Gennaro. Food Stylist: Mable Hoffman

How can you get quality results plus super convenience? Start with packaged frozen dough or a handy bread mix for this trio of great-tasting yeast breads.

Bread Mix Pull-apart

You'll flip your sombrero over convenient **Mexicali Bubble Loaf** *(top right)*. The recipe calls for two save-the-day helpers—hot roll mix and taco seasoning mix. Pull off each savory hunk to expose the green pepper-olive-pimiento filling.

Frozen Dough Duo

Whole wheat and white bread doughs from your grocer's freezer get a nifty new twist in **Two-tone Cinnamon Loaf** *(center)*. To make it, just thaw and shape the doughs, roll in cinnamon sugar, let rise, and bake. Try thick slices toasted with more cinnamon sugar.

Bread Mix Bagels

It's a definite plus to start with hot roll mix for **Beer-Onion Bagels** *(bottom)*. Beer and cheese go in the dough; broil onions atop for a crusty finish.

Recipes begin on page 144.
Buying information, page 200

HAWAII

As close as the Campbell's Soup on your shelf.



Campbell Soup Company, Camden, N.J. 08101 U.S.A.

Island-Style Chicken

can (about 8 ounces) pineapple chunks in heavy syrup
pounds chicken parts
tablespoons shortening
can Campbell's Chicken Broth
cup vinegar
tablespoons brown sugar
2 teaspoons soy sauce
1 large clove garlic, minced
1 medium green pepper, cut in squares
3 tablespoons cornstarch
¼ cup water

rain pineapple chunks, reserving syrup. In skillet, brown chicken in hortening; pour off fat. Add reserved syrup, broth, vinegar, sugar, soy, nd garlic. Cover; cook over low heat 40 minutes. Add green pepper and ineapple chunks; cook 5 minutes more or until done. Stir occasionally. ombine cornstarch and water; gradually stir into sauce. Cook, stirring until ickened. Serve with cooked parsleyed rice. Makes 4 servings.



Cookbook offer: Enjoy the art of good cooking with Campbell's cookbook—"The Creative Cook," containing over 250 standing recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 8141, Maple Plain, Minn. 55348. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires December 31, 1980.

A world of good cooking brought home with Campbell's.

begins on page 140

Shortcut breads

Although bread baking calls for some special attention, that doesn't mean you have to hover from the time you mix the dough till it bakes. You can adjust the whole process to suit your schedule. Here are some timesaving bread baking methods plus helpful hints.

Six timesaving methods

- **Mixer method:** Dry yeast is mixed with flour and other dry ingredients, then warm liquids are added. This eliminates the step of dissolving the yeast separately. Part of the flour is beaten in with an electric mixer. Beating with the mixer shortens kneading time.
- **Batter method:** This is similar to the mixer method, but there are differences. The dough remains a semi-stiff batter and is not kneaded. Also, after rising, the batter is stirred down and spooned into the baking utensil, so there's no shaping required.
- **Brown and serve method:** Roll or bread dough is mixed, kneaded, allowed to rise, is shaped, and baked until not quite done. The partially baked bread can be refrigerated or frozen, and the baking completed when it is convenient.
- **Freezer method:** The dough is mixed and kneaded, then put in the freezer. To finish the bread, allow the dough to thaw—this can be done overnight in the refrigerator—and then let the dough rise before baking.
- **Quick-rise method:** A slightly heated oven is used to create a warm, but not too hot, environment that speeds up the rising time.
- **Refrigerator method:** The dough is mixed, kneaded, and shaped, then left to chill for up to 24 hours. The bread can be baked almost immediately when taken from the refrigerator.

Timesaving tips

- Measure and divide all of the flour called for in the recipe, to eliminate repeated measuring.
- Keep in mind that batter bread recipes short-cut cleanup. Few bowls and mixing utensils are required since the mixing and rising steps are done in the same bowl.
- Quick flavor additions for bread dough can be as simple as adding some dried or chopped fresh herbs, extracts, or using fruit or vegetable juices, wine, beer, or brewed coffee in place of some or all of the liquid called for in the recipe.
- In most recipes you can cut the kneading time in half, if you don't mind a slightly coarser texture in the baked bread.
- Be sure you let bread rise in a warm environment to encourage the most efficient rising.
- If your bread dough has risen to its optimum size and is ready for shaping, but not at a time that's convenient for you, simply punch or stir the dough down and let it rise again in the same bowl. The extra rise will be shorter than the first, however.
- You can shorten the rising time for a two-rise recipe simply by allowing the dough to rest for 15 minutes in place of the first rise. Then shape and let rise till double.

continued





These 16 Campbell's soups have always been light in calories.
What great-tasting ways to eat light!

Lee Meriwether



Beef Broth/30 Calories
Beef Noodle/90 Calories
Beefy Mushroom*/90 Calories
Chicken & Stars/80 Calories
Chicken Broth/50 Calories
Chicken Gumbo/70 Calories
Chicken NoodleO's/90 Calories
Chicken Vegetable/90 Calories
Chicken with Rice/80 Calories
Clam Chowder Manhattan Style/90 Calories
Consommé/45 Calories
Old Fashioned Vegetable/90 Calories
Onion/80 Calories
Turkey Noodle/80 Calories
Turkey Vegetable/90 Calories
Vegetarian Vegetable/90 Calories

*Subject to availability

When you're looking for some great-tasting ways to eat light, just look for the calories listed on the labels of all Campbell's Soups. You'll find that lots of your favorites are Light Ones, with only 90 calories or less a 10-ounce serving.

The Light Ones

An Almond Chicken Casserole to crow about.

Looking for an interesting new casserole—to serve the family or use for company? Try this recipe and see how almonds add crunch, flavor and eye appeal. And get ready to crow a little when the compliments come your way.

1 can (8-oz.) pineapple chunks in heavy syrup · 3 C. cooked & diced chicken · 2 stalks celery, diagonally sliced · 1 green pepper, cut into 1-inch pieces · 3/4 C. Blue Diamond® Whole Natural Almonds, toasted · Chicken bouillon · 2/3 C. sherry · 1/4 C. soy sauce · 1/4 C. cornstarch · 1 t. ground ginger · 1/2 t. garlic powder · 1 small tomato, cut into wedges · 2 T. green onion slices · Hot cooked rice, optional.

Drain pineapple, reserving juice for sauce. Combine pineapple with chicken, celery, green pepper and almonds in 2-quart casserole. Combine reserved pineapple juice with enough chicken bouillon to measure 2 cups. Add sherry, soy sauce, cornstarch, ginger and garlic powder. Stir well to dissolve cornstarch; pour over chicken mixture and mix well. Bake in 375°F oven 40 to 45 minutes, or until sauce has thickened, stirring occasionally. Add tomato wedges and sprinkle with green onion. Bake 5 minutes longer or until heated through. Serve over rice, if desired

Makes 4 to 6 servings.





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BLUE DIAMOND

the Almond People®

California Almond Growers Exchange
P.O. Box 1768, Sacramento, CA 95808



2 teaspoons salt
2 eggs
1 cup triticale flour
¼ cup wheat germ

• • •

1 beaten egg white
¼ cup shelled sunflower seeds

In a large mixer bowl combine *1 cup* of the all-purpose flour, the 1 cup whole wheat flour, and the yeast. In a saucepan heat together the milk, honey, butter or margarine, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add liquid to flour mixture in bowl along with the eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in triticale flour, wheat germ, and the remaining all-purpose flour to make a soft dough. Cover dough; let rise in a warm place (about 1 hour) or till double. Stir down dough; spoon into well-greased 1½-quart casseroles. Cover; let rise again in a warm place till double (30 to 45 minutes). Just before baking, brush surface of dough lightly with the beaten egg white; sprinkle with sunflower seed. Bake in 375° oven 20 minutes; cover with foil to prevent overbrowning. Bake 10 to 15 minutes more or till bread sounds hollow when lightly tapped. Remove from casseroles; cool on wire rack. Serve with butter and honey, if desired. Makes 2 loaves.

BRIOCHE-STYLE SOURDOUGH ROLLS

You'll need to have some of your starter at room temperature for this quick recipe—

¾ cup Sourdough Starter (see recipe, page 148)
6 tablespoons butter *or* margarine, softened
⅓ cup packed brown sugar
4 cups self-rising flour
⅔ cup buttermilk
3 eggs

• • •

1½ cups sifted powdered sugar
2 tablespoons butter *or* margarine, melted
Rum (about 2 tablespoons)
½ cup sliced almonds

Measure Sourdough Starter; let stand at room temperature several hours or overnight. In a large mixer bowl cream together the 6 tablespoons softened butter or margarine and the brown sugar at low speed of electric mixer till fluffy. Stir in *2 cups* of the flour, the Sourdough Starter, buttermilk, and eggs. Beat at low speed of electric mixer till well blended. By hand, stir in remaining flour. Turn dough out onto a lightly floured surface; knead gently 15 times. Set aside one-fourth of the dough. Cut remaining dough into 6 pieces; shape each piece into 4 balls. With floured hands, tuck under cut edges. Place one ball into each of 24 greased muffin cups or individual brioche pans. Cut reserved

continued

ntinued

Shortcut reads

If you don't want to take the time to ll and shape the dough for loaves, mply pat the dough in the bread pan, ounding the loaf slightly in the cen- r with your hands.

A hassle-free way to shape rolls is to ll the dough out to a rectangle ½ to inch thick. With a sharp knife cut the ough into squares according to the umber of rolls the recipe yields.

Here are some quick tricks for beau- ful bread crusts. Just before baking, rush dough with coffee, milk, water, eaten egg, or beaten egg white. Sprin- e with poppy seed, sesame seed, raway seed, or cornmeal.

If the number of loaves or rolls that e ready for baking exceeds the space your oven shelf, you can still bake em all at once. Stagger the baking ensils on two shelves and rearrange em halfway through the baking time.

RITICALE WHEAT BREAD

riticale is a grain hybridized from oth wheat and rye. You can buy tri- cale flour in health food stores—

½ cups all-purpose flour
cup whole wheat flour
packages active dry yeast
¼ cups milk
cup honey
tablespoons butter *or* margarine

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"My original recipe for Steak Diane calls for the best-tasting Worcestershire Sauce—Lea & Perrins."

—Chef Randy Nichol, Barbadoes Dining Room, Mills Hyatt House, Charleston, S.C.



"I've tried other worcestershires, but they seem watered down. So I use Lea & Perrins in my Steak Diane—it enhances the flavor." Chefs everywhere make many of their original recipes taste deliciously distinctive—with the help of Lea & Perrins. Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea & Perrins' century-old recipe uses only natural ingredients. That's made it the choice of great chefs for generations. They know other worcestershires can't match its unique, original flavor. Try the recipe below, or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make your next dish an original with the Original Worcestershire Sauce—Lea & Perrins.

Chef Nichol's Steak Diane

4 (4-6 oz. each) beef loin tenderloin steaks*
2 Tbsp. flour
½ tsp. salt
⅛ tsp. ground black pepper
4 Tbsp. butter, divided
1½ Tbsp. Dijon mustard
2 tsp. Lea & Perrins Worcestershire Sauce, divided
2 c. thinly sliced mushrooms
2 Tbsp. minced shallots or onion
¼ c. brandy
½ c. beef bouillon or broth

Pound steaks between 2 pieces of waxed paper until ¼ inch thick. Dredge steaks in flour mixed with salt and pepper. In large skillet melt 1 Tbsp. butter. Add steaks; brown about 1 min. on each side; remove steaks to a platter. Spread both sides with mustard and sprinkle with 1 tsp. Lea & Perrins; set aside. In same skillet melt remaining butter. Add mushrooms and shallots; saute for 2 min. Add brandy and flame. Stir in bouillon and remaining Lea & Perrins. Cook and stir until hot. Return steaks to skillet and reheat for 2 min. Sprinkle with parsley, if desired. Yield: 4 portions

*or substitute cubed or individual portions of beef round steaks, pounded.

continued

Shortcut breads



dough into 6 pieces; divide each piece into quarters. Shape each piece into a small ball. With your thumb or wooden spoon handle, make an indentation in the top of each large ball in muffin pans. Brush indentations with *water;* press one small ball into each indentation. Bake in a 375° oven for 16 to 18 minutes or till golden brown and rolls sound hollow when lightly tapped. Immediately remove from pans; cool on wire rack.

Prepare glaze: In a small bowl combine powdered sugar, melted butter or margarine, and rum till smooth. Add a few drops more rum, if necessary, to make a glaze consistency. Drizzle over cooled rolls; sprinkle sliced almonds atop. Makes 24 rolls.

SOURDOUGH STARTER

1 package active dry yeast
2½ cups warm water (110° to 115°)
2 cups all-purpose flour
1 tablespoon sugar *or* honey

In medium bowl dissolve the yeast in *½ cup* of the warm water. Stir in remaining water, the flour, and sugar or honey. Beat till smooth. Cover loosely with waxed paper or cheesecloth. Let mixture stand at room temperature for 5 to 10 days or till bubbly; stir 2 to 3 times daily. (Note: do not cover jar with a screw-top lid or any other tight-fitting lid, as an explosion could result.)

To store, transfer starter to a jar. Cover and refrigerate. To use starter, loosen cover and bring desired amount to room temperature.

To replenish starter after using, stir ¾ cup *all-purpose flour,* ¾ cup *water,* and 1 teaspoon *sugar* or *honey* into remaining starter. Cover loosely; let stand at room temperature 1 to 2 days or till bubbly. Refrigerate.

If starter is not used within 10 days, stir in 1 teaspoon *sugar* or *honey.* Repeat every 10 days till used.

MOM'S FRUIT-FILLED COFFEE CAKE

If you like, you can sprinkle the coffee cakes with powdered sugar instead of glazing them—

6 cups all-purpose flour
3 packages active dry yeast
1⅓ cups milk
1 cup butter *or* margarine
¼ cup sugar
2 teaspoons salt
2 eggs
2 teaspoons vanilla *or* lemon extract

Apricot and/or Prune Filling

2 tablespoons butter *or* margarine, melted

Butter Glaze

continued

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#8 TURKEY AND BROCCOLI BAKE

¼ cup Parkay margarine
¼ cup flour
1 cup milk
Dash of pepper
½ lb. Velveeta process cheese spread, cubed
2 10-oz. pkgs. frozen broccoli spears, cooked, well drained
Cooked turkey slices

Make a white sauce with margarine, flour, milk and pepper. Add process cheese spread; stir until melted. Layer broccoli, turkey and sauce in 10 x 6" baking dish. Bake at 350°, 25 min. 6 to 8 servings

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No wonder it's so popular.

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continued

Shortcut breads

In a large mixer bowl combine *2½ cups* of the flour, and the yeast. In saucepan heat together the milk, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add liquid to dry ingredients in mixer bowl along with eggs and vanilla or lemon extract. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in all the remaining flour. Divide dough into four portions; wrap each loosely in moisture-vapor-proof material. Label and freeze up to four weeks.

To assemble coffee cakes: For each coffee cake desired, remove one dough portion from freezer. Unwrap dough and place in greased bowl. Cover; let rise in a warm place till double, about 3 to 3½ hours. (Or, let rise overnight in refrigerator.) Meanwhile, prepare desired filling(s); cool. Divide each dough portion in half. On a lightly floured surface roll each half of the dough to an 8x8-inch square, or an 11x7-inch rectangle. Place dough in a greased 8x8x2-inch or 11x7x2-inch baking pan. Brush the dough with some of the melted butter or margarine; spoon desired filling over dough in pan. Roll remaining half of dough to the same dimensions; place atop filling in pan. Brush dough with remaining melted butter. Cover; let rise till double (about 45 minutes). Bake in a 375° oven for 15 to 20 minutes or till golden brown. Cool in pan; drizzle with Butter Glaze or sprinkle with sifted powdered sugar. Makes 4 coffee cakes.

To make Apricot Filling: In saucepan place 1 cup *dried apricots* and enough *water* to cover fruit by 1 inch. Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes or till fruit is very tender; drain. Mash fruit; stir in ¼ cup *sugar*. Add more sugar, if desired. Cool. Makes about ¾ cup filling, or enough to fill 1 coffee cake.

To make Prune Filling: In saucepan place 1 cup *dried pitted prunes* and enough *water* to cover fruit by 1 inch. Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes or till fruit is very tender; drain. Mash fruit; stir in 2 tablespoons *sugar*. Add more sugar, if desired. Cool. Makes about ⅔ cup filling, or enough to fill 1 coffee cake.

To make Butter Glaze: In a small bowl combine ½ cup *sifted powdered sugar*, 1 tablespoon softened *butter* or *margarine*, ⅛ teaspoon *vanilla* or *lemon extract*, and 1½ teaspoons *milk* till smooth. Add a few drops more milk, if necessary, to make glaze consistency. Drizzle over coffee cake. Makes enough for 1 coffee cake.

BEEF 'N CHEESE BRAID

If you have some of this loaf left over, just wrap in foil and refrigerate. Reheat slices, wrapped in foil, in a 350° oven for 15 minutes—

2¾ to 3 cups all-purpose flour
1 package active dry yeast
¾ cup water
2 tablespoons butter or margarine
1 tablespoon sugar
½ teaspoon salt

1 egg

• • •

2 tablespoons butter *or* margarine, melted
½ teaspoon dried fines herbes, crushed
½ cup shredded Swiss cheese (2 ounces)
½ cup snipped thinly sliced smoked beef (2 ounces)
Melted butter *or* margarine
Dried fines herbes, crushed

In a large mixer bowl combine *1 cup* of the flour and the yeast. In saucepan heat together the water, the 2 tablespoons butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add liquid to dry ingredients in mixer bowl along with the egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in as much of the remaining flour as you can mix in with a spoon. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (about 5 minutes). Cover dough; let rest 10 minutes.

On a lightly floured surface roll dough to a 12x9-inch rectangle. Cut dough lengthwise into three 12x3-inch strips. Brush strips with some of the 2 tablespoons melted butter or margarine; sprinkle with the ½ teaspoon fines herbes. Sprinkle a third of the cheese and beef lengthwise down center of each strip. Bring lengthwise edges of each strip together, enclosing filling; pinch all edges together to seal.



Place strips side by side on a large baking sheet, seam side down; braid together and secure ends. Cover; place in oven. Turn oven on to 250°; turn off after 1 minute. Open oven door slightly; let dough rise till nearly double in size (about 30 minutes). Remove from oven; preheat oven to 375°. Bake for 25 to 30 minutes or till golden brown and loaf sounds hollow when lightly tapped. Transfer to wire rack; brush loaf with some melted butter and sprinkle with additional crushed fines herbes. Serve warm. Makes 1 loaf.

RYE DINNER LOAVES

These rolls go as well with a soup 'n salad supper as with a special company dinner—

3 to 3½ cups all-purpose flour
2 packages active dry yeast
2 tablespoons caraway seed
2 teaspoons dried dillweed

• • •

2 cups water
⅓ cup packed brown sugar
¼ cup cooking oil
1 tablespoon salt
3½ cups rye flour

• • •

1 recipe Cornstarch Glaze
Caraway seed

continued

Good ideas keep popping up.

#32

How do you get big flavor on a mini-snack? Just add the unique taste of creamy, smooth Velveeta process cheese spread. It's one of many good ideas that keep popping up.

#32 QUICK PIZZA SNACKS
English muffins, split, toasted
pizza sauce
chopped onion
chopped green pepper
stuffed green olive slices
Velveeta process cheese spread, cubed

For each serving, spread English muffin half with sauce. Top with remaining ingredients. Broil until process cheese spread melts.

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continued

Shortcut breads

In a large mixer bowl combine 2½ *cups* of the all-purpose flour, yeast, caraway seed, and dillweed. In saucepan heat together the water, brown sugar, cooking oil, and salt just till warm (115° to 120°); add liquid to dry ingredients in mixer bowl. Beat on low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed.

By hand, stir in the 3½ cups rye flour and as much of the remaining all-purpose flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface; knead in enough of the remaining all-purpose flour to make a moderately stiff dough that is fairly smooth (about 5 to 8 minutes). Shape into a ball; place dough in a greased bowl, turning once to grease surface. Cover; let rise in a warm place till double (about 1 hour).

Punch down dough; divide into 10 portions. Shape each portion into smooth oval; place loaves 3 inches apart on greased baking sheets. Cover; let rise again in a warm place till double (about 30 minutes). Just before baking, carefully cut a few bias slashes atop each loaf with a sharp knife. Bake in 325° oven for 20 minutes (loaves should not brown). Cool on rack. Wrap in plastic wrap or foil and store in refrigerator up to 2 weeks. (Or, wrap in moisture-vaporproof material and freeze for up to 1 month).

To finish baking, thaw desired number of loaves, if frozen, in refrigerator for 3 to 4 hours. Unwrap loaves; place on baking sheet. Bake in a 375° oven for 15 minutes; brush with Cornstarch Glaze and sprinkle with additional caraway seed. Return to oven to bake 5 to 10 minutes longer, or till loaves sound hollow when lightly tapped. (Or, if desired, omit Cornstarch Glaze and caraway seed; bake loaves for 20 to 25 minutes.) Serve warm. Makes 10 individual loaves.

To make Cornstarch Glaze: In a small saucepan combine 1½ teaspoons *cornstarch* and ¼ cup *cold water*. Cook and stir till mixture thickens and bubbles; cook 1 minute more. Makes enough to glaze 5 individual loaves.

MEXICALI BUBBLE LOAF

To reheat this savory loaf, wrap in foil and bake in a 350° oven for 10 to 12 minutes—

1 13¾-ounce package hot roll mix
¾ cup warm water (110° to 115°)
1 egg
2 tablespoons taco seasoning mix
3 tablespoons cornmeal
2 tablespoons sesame seed
• • •
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped pitted ripe olives
2 tablespoons finely chopped pimiento, drained
¼ cup butter *or* margarine, melted

In a large mixing bowl dissolve yeast from hot roll mix in the warm water according to package directions; stir in the egg. In another bowl combine the flour mixture from roll mix and the taco seasoning mix; add to liquid mixture and stir till well mixed. Turn dough out onto a lightly floured surface; knead 1 minute. Place dough in a greased bowl; turn once to grease surface. Cover; let rise in warm place till double (30 to 45 minutes).

In a small bowl combine the cornmeal and the sesame seed; set aside. In another small bowl combine the chopped green pepper, ripe olives, and pimiento. Divide dough into 24 pieces; shape each piece into a ball. Dip each ball in the melted butter or margarine,



then in the cornmeal mixture to coat. Arrange 12 of the balls in the bottom of a greased 6½-cup metal ring mold. Sprinkle the green pepper mixture evenly over rolls in mold. Place the remaining balls over filling in mold. Cover; let rise in a warm place till double (about 45 minutes). Bake in a 375° oven for 15 minutes; cover with foil to prevent overbrowning. Bake 5 to 10 minutes more or till golden brown and loaf sounds hollow when lightly tapped. Immediately turn out of pan; cool slightly on rack. Serve warm. Makes 1 loaf.

TWO-TONE CINNAMON LOAF

For a sweeter version of this bread, top toasted slices with more cinnamon sugar—

1 loaf frozen whole wheat bread dough, thawed
1 loaf frozen white bread dough, thawed
½ cup sugar
2 teaspoons ground cinnamon
¼ cup melted butter *or* margarine

Divide each thawed bread loaf into 4 portions; shape each portion into a 14-inch rope. Combine sugar and cinnamon till mixed; sprinkle on a 16x12-inch piece of waxed paper. Brush ropes with some of the melted butter or margarine, then roll in cinnamon-sugar mixture to coat well. Twist together one of the whole wheat dough ropes with one of the white dough ropes; seal ends to secure. Place lengthwise in the bottom of a greased 8x4x2-inch loaf pan. Repeat with another white dough rope and a whole wheat rope; place twist alongside twist in pan. Make two more twists; place side by side in another greased 8x4x2-inch loaf pan. Cover; let rise in a warm place till double (30 to 40 minutes). Brush twists with the remaining melted butter; bake in a 350° oven for 25 minutes. Cover with foil; bake 5 to 10 minutes more or till loaves sound hollow when lightly tapped. Immediately remove loaves from pans; cool on wire rack. Makes 2 loaves.

BEER-ONION BAGELS

These crusty rolls are more tender than the bakery version—

1 13¾-ounce package hot roll mix
¼ cup grated Parmesan cheese
2 tablespoons sugar
1 cup beer
• • •
½ cup finely chopped onion
3 tablespoons butter *or* margarine

continued

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continued

Shortcut breads

In a large mixing bowl combine flour mixture from hot roll mix, the cheese, and sugar. In a saucepan heat beer just till warm (110° to 115°); dissolve yeast from roll mix in warm liquid. Stir yeast mixture into flour mixture; stir till well blended. Turn dough out onto a lightly floured surface; knead 1 to 2 minutes. Place in a greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (45 to 60 minutes). Divide dough into 12 portions; shape each into a smooth ball. With a floured finger, punch a hole into the center of each ball; pull dough



gently around hole to make a smooth opening 1½ to 2 inches in diameter, working each into a uniform shape. Place shaped bagels on a greased baking sheet. Cover; let rise in a warm place till double (about 30 minutes). Broil raised bagels on baking sheet 5 inches from heat for 1½ to 2 minutes. Turn bagels; broil 1½ to 2 minutes more (tops should not brown). In a large kettle or Dutch oven combine 1 gallon *water* and 1 tablespoon *sugar*. Bring to boiling; reduce heat to simmer. Cook 4 or 5 bagels at a time for 7 minutes, turning once; drain on paper toweling. Meanwhile, in a small skillet cook onion in butter or margarine till tender but not brown; set aside. Place drained bagels on well-greased baking sheet. Bake in 375° oven for 10 minutes. Brush or spoon onion mixture atop bagels; bake 15 to 20 minutes more or till tops are golden brown. Makes 12.



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HE COOKS

Fluffy halibut pâté





Photographs: Dieter; de Gennaro

When David Bissonette of Los Angeles, California, isn't busy writing poetry for his own books as well as major magazines, he enjoys dabbling in the kitchen. He says, "Cooking lets me take advantage of my free hours between writing sessions, and it helps keep life interesting."

David started cooking about six years ago and over the years has perfected a number of healthful recipes such as Fluffy Halibut Pâté. For David, the shaping and presentation of his pâté is important. "First, I mold it by hand into a fish shape. Then I make an impression for the eye, and finally I sprinkle the pâté with paprika."

David says his pâté is ideal for parties because it can be made ahead. "Usually I serve it with cheese, crackers, and wine."

FLUFFY HALIBUT PÂTÉ

David makes his spread with mineral water—

12 ounces fresh *or* frozen halibut, cooked, drained, and flaked (2¼ cups)
1 8-ounce package Neufchâtel cheese, softened
¼ cup bacon bits
¼ cup water *or* milk
2 tablespoons wheat germ
1 tablespoon snipped parsley
1 tablespoon lemon juice
1 teaspoon soy sauce
1 teaspoon onion salt
½ teaspoon dried dillweed
Leaf lettuce
Crackers *or* vegetable dippers

In a mixer bowl combine halibut, Neufchâtel cheese, bacon bits, water or milk, wheat germ, parsley, lemon juice, soy sauce, onion salt, and dillweed. Beat till all ingredients are well combined. Press mixture into a fish shape or an oiled 3-cup bowl or mold. Refrigerate several hours or overnight.

Transfer or unmold onto a lettuce-lined plate. Sprinkle with additional bacon bits or *paprika,* if desired. Serve with crackers or vegetable dippers. Makes about 3 cups spread.

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Pillsbury Saucy Apple Swirl Cake

¼ cup sugar
2 teaspoons cinnamon
1 pkg. Pillsbury Plus Yellow Cake Mix
15-oz. jar (1⅔ cups) applesauce
3 eggs



Heat oven to 350°F. Grease and flour 12-cup fluted tube or 10-inch tube pan. In small bowl, combine sugar and cinnamon; set aside. In large bowl, blend cake mix, applesauce and eggs until moistened. Beat 2 minutes at *highest* speed. Pour ½ of batter into prepared pan. Sprinkle with sugar mixture. Cover with remaining batter. Bake at 350°F. for 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool upright in pan 25 minutes; turn onto serving plate. Cool completely. If desired, dust with powdered sugar. 16 servings. HIGH ALTITUDE—Above 3500 feet: Add 3 tbsp. flour to dry cake mix. Bake at 375°F. for 35 to 40 min.

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File under Desserts

Buying information, page 200

Refrigerated Desserts

Four-decker Mocha Dessert

This top-rated four-layer dessert can be refrigerated or frozen

- ½ cup butter *or* margarine
- 1 cup all-purpose flour
- 1 cup finely chopped peanuts

• • •

- 1 8-ounce package cream cheese, softened
- 1 cup sifted powdered sugar
- 1 4-ounce carton frozen whipped dessert topping, thawed
- 1 4-serving-size package *instant* chocolate pudding mix
- 1 4-serving-size package *instant* coffee pudding mix
- 3 cups milk
- Grated chocolate

In mixing bowl cut butter or margarine into flour till crumbly; stir in ¼ *cup* of the peanuts. Press mixture evenly over bottom of a 13x9x2-inch baking dish. Bake in 350° oven for 20 minutes; cool. Meanwhile, in small mixer bowl beat cream cheese on low speed of electric mixer till fluffy; beat in powdered sugar and *half* of the thawed whipped topping. Spread over crust; chill. In large mixer bowl combine both pudding mixes and milk; beat with rotary beater 2 minutes. Spoon atop cream cheese layer in dish. Chill or freeze till firm, several hours or overnight. Top with remaining thawed whipped topping. Sprinkle with grated chocolate and remaining chopped peanuts. (If frozen, let stand 10 to 15 minutes before serving.) Makes 16 servings.

Donna B. Morrison, Syracuse, N.Y.



File under Appliance cooking

Photographs: Dieter

Crockery Cooker Main Dishes

Sweet 'n Sour Chicken Dinner

You can cook this first-place dish fast or slow in your crockery cooker—

- 6 medium carrots, peeled and cut in ½-inch chunks
- ½ cup finely chopped green pepper
- ½ cup finely chopped onion
- 3 chicken breasts, split lengthwise
- ½ teaspoon salt
- 1 10-ounce jar sweet-sour sauce
- 1 15¼-ounce can pineapple chunks, drained
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice

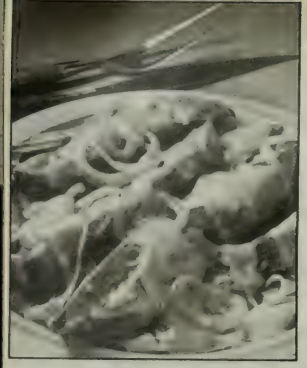
In a 3½- to 4-quart crockery cooker place carrots, green pepper, and onion. Top with chicken breasts. Sprinkle with salt. Pour sweet-sour sauce and pineapple chunks over all; cover. Cook on LOW setting for 7 to 8 hours *or* on HIGH setting for 3½ to 4 hours. Remove chicken; keep warm. Blend cornstarch and water; stir into juices. Cover; cook on HIGH setting for 10 to 15 minutes or till thickened. Season to taste with salt and pepper. Serve over hot cooked rice. Makes 6 servings.

Dona Walling, Suisun, Calif.



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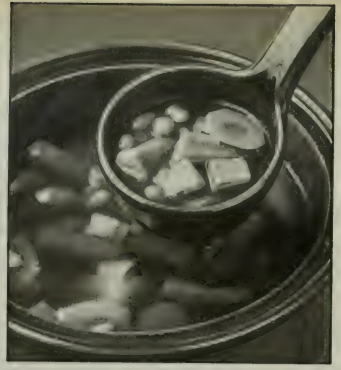


Country-style Spareribs

- 1 cup beef broth
- ½ cup peach preserves
- 3 tablespoons vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 2½ pounds pork country-style ribs
- 1 medium onion, thinly sliced
- ⅓ cup cold water
- 3 tablespoons all-purpose flour
- Hot cooked noodles

In a bowl combine beef broth, peach preserves, the vinegar, Worcestershire sauce, brown sugar, and salt. Place ribs in crockery cooker; pour broth mixture over. Place onions atop. Cover and cook on LOW setting for 8 hours or on HIGH setting for 4 hours. Remove ribs to serving platter; keep warm. Skim fat from cooking liquid. Strain liquid; measure 1½ cups. Combine water and flour; blend into reserved liquid in saucepan. Cook and stir till thickened and bubbly. Cook 1 to 2 minutes more. Serve over ribs and noodles. Makes 4 or 5 servings.

Alma R. Erickson, Houston, Tex.

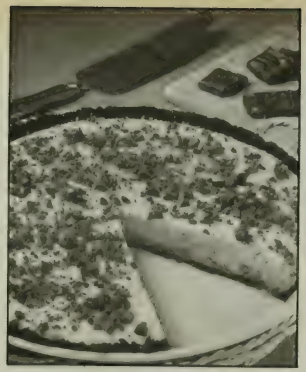


Cassoulet Chowder

- 1¼ cups dry pinto beans
- 4 cups water
- 1 12-ounce package brown-and-serve sausage links, cooked and drained
- 2 cups cubed cooked chicken
- 2 cups cubed fully cooked ham
- 2 to 3 medium carrots, peeled and sliced (1½ cups)
- 1 8-ounce can (1 cup) tomato sauce
- ¾ cup dry red wine
- ½ cup chopped onion
- ½ teaspoon garlic powder
- 1 bay leaf

In a large saucepan combine beans and water; bring to boiling. Reduce heat; cover and simmer 1½ hours. Refrigerate beans and liquid several hours or overnight, if desired. In a 3½- to 4-quart crockery cooker combine beans and liquid, and remaining ingredients. Cover and cook on LOW setting for 8 to 10 hours or HIGH setting for about 4 hours. Season to taste with salt and pepper. Remove bay leaf. Makes 8 to 10 servings.

Jerry L. Burkard, Kansas City, Mo.



Frozen Toffee Cream Pie

Coffee and toffee make a delectable combo in this pie

- 1½ cups chocolate wafer crumbs
- 6 tablespoons butter *or* margarine, melted
- 1 cup whipping cream
- ⅔ cup *sweetened condensed* milk
- ¼ cup strong cold coffee
- ½ teaspoon vanilla
- 2 chocolate-covered toffee bars, crushed

In a small bowl combine chocolate wafer crumbs and melted butter or margarine; press mixture firmly into a 9-inch pie plate. Chill. Meanwhile, in small mixer bowl combine cream, condensed milk, coffee, and vanilla on low speed of electric mixer. Beat on high speed about 4 minutes or till thickened. Reserve 2 tablespoons of the crushed toffee bars; stir remaining into cream mixture. Pour into crumb crust. Sprinkle with reserved toffee bar. Freeze firm, several hours or overnight.

Mrs. H. B. Parmenter, Vincennes, Ind.



Spicy Pumpkin Squares

- 32 large marshmallows (about 3½ cups)
- 1 cup canned pumpkin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 cup crushed graham crackers (14 crackers)
- ¼ cup butter *or* margarine, melted
- 1 1½-ounce envelope dessert topping mix

In a large saucepan melt marshmallows with pumpkin, cinnamon, ginger, and cloves over low heat, stirring till smooth. Cool about 15 minutes. Meanwhile, combine crushed graham crackers and melted butter or margarine; reserve ¼ cup for topping. Pat remaining crumbs firmly into bottom of an 8x8x2-inch baking dish. Prepare dessert topping mix according to package directions; fold into cooled marshmallow mixture. Spread marshmallow mixture over crust. Sprinkle reserved crumbs atop. Chill several hours or overnight. To serve, cut into squares. Makes 12 servings.

Sharon Marrs, Lake Station, Ind.

Create a Super Birds Eye® Supper

When your hamburger meets Birds Eye for dinner, it's a Super Birds Eye Supper.



Beef Japonais In skillet, brown well ¾lb. ground beef in chunks. Combine and add 2 tsp. cornstarch, ½tsp. salt, 1¼cups water; bring to boil and stir in 1 cup thin egg noodles. Cover, simmer 2 min., stir once. Add 10-oz. pkg. **Birds Eye Japanese Style Vegetables.** Bring to full boil over medium heat, separating with fork. Stir often. Reduce heat, cover, simmer 3 min. Stir in 1 tbsp. soy sauce. Makes about 3 main-dish servings.



Italiano Beef Kettle

Brown ¾lb. ground beef in saucepan. Add ¾tsp. salt, 1 cup water, 8¼-oz. can tomatoes, 1 beef bouillon cube. Bring to a boil; reduce heat; cover and simmer 5 min. Add ½cup cooked macaroni and 10-oz. pkg. **Birds Eye Italian Style Vegetables,** separating and stirring often with a fork. Reduce heat, cover, simmer 3 min. Makes about 3 main-dish servings.



San Francisco Super Supper

In large skillet, brown well ¾lb. ground beef shaped into 3 loaves. Sprinkle ½tsp. salt. Move meat aside, sauté until tender 1 med. onion cut in wedges. Add 10-oz. pkg. **Birds Eye San Francisco Style Vegetables** and 1 tbsp. water. Set aside topping packet. Bring mixture to full boil over med. heat. Separate with fork; stir occasionally. Reduce heat, cover, simmer 5 min. Cut loaves into chunks. Sprinkle on topping. Makes about 3 main-dish servings.

BIRDS EYE

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FOOD



Freeze-ahead main dishes

Cranberry desserts

Do you have a timesaving recipe for a serve-one, freeze-one main dish? Do you feature cranberries in a fall dessert? Send us your recipes—you could be a winner next October. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Freeze-ahead main dishes

Your main dish recipe entry should be one that is made in a double batch—half to be served now and the second half to freeze for later. Hints: **twice-made veal Parmesan, double-batch turkey stew, two-time frank turnovers.**

Cranberry desserts

Do you use fresh or frozen cranberries, cranberry sauce or relish, or cranberry juice cocktail in your dessert recipe? Tips: **cranberry-citrus mousse, hot cranberry-pineapple compote, cranberry cheesecake torte.**

THIS MONTH'S WINNERS

(See recipes on pages 159 and 160.)

Cooks-of-the-Month

Donna B. Morrison, Syracuse, N.Y.
Dona Walling, Suisun, Calif.

Runners-up

Jerry L. Burkard, Kansas City, Mo.
Alma R. Erickson, Houston, Tex.
Sharon Marrs, Lake Station, Ind.
Mrs. H. B. Parmenter, Vincennes, Ind.

Honor Roll

Donna K. Archipley, Anaheim, Calif.
Mrs. P. L. Browns, Denver, Colo.
Mrs. Glen Calkins, Los Angeles, Calif.
Robin L. Doyle, Fond du Lac, Wis.
Laura Graney, Chilton, Wis.
Mrs. Diane Harrison, Bridgeport, Conn.
Corinne R. Healzer, Jerome, Ind.
Catherine Moberg, East Grand Rapids, Mich.
Susan Postal, Ardsley, N.Y.
Julia Todd, St. Louis, Mo.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "October Freeze-ahead main dishes" or "October Cranberry desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8003 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

The recipe.

AFTER DINNER MINT PIE

A luxurious frozen dessert that's quick and easy.

2 cups (24) crushed cream-filled chocolate cookies
1/4 cup Parkay margarine, melted
1/4 cup milk
1 7-oz. jar Kraft marshmallow creme
Few drops peppermint extract
Few drops green food coloring
2 cups whipping cream, whipped

Combine crumbs and margarine; reserve 1/2 cup for topping. Press remaining crumb mixture onto bottom of 9-inch springform pan or pie plate. Chill.

Gradually add milk to marshmallow creme, mixing until well blended. Add extract and food coloring; fold in whipped cream. Pour into pan; freeze until firm. Sprinkle with remaining crumbs or garnish with mint, if desired.

Variation:

Substitute 1/4 cup Creme de Menthe for milk; omit peppermint extract and coloring.

The pie.



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EO-3

begins on page 136

Cooking for small families

Shopping for small families

Smart cooking for two or three begins in the supermarket. Here are some buying tips:

- Patronize stores where fresh vegetables and fruits are not prepackaged, so you can buy just what you need.
- Seek out the smaller size packages of some popular convenience foods, such as single-serving soups, stews, and other main dishes, pasta-based lunches in cups, and two-serving-size cans of fruits and vegetables.
- Don't hesitate to ask meat counter personnel to break up large packages of steaks, chops, or poultry parts.
- Also choose other meats well suited for two or three servings: ring bologna, the small-size precooked canned hams, thinly sliced pressed luncheon meats, small packages of bratwurst or Polish sausage, 8-ounce packages of bacon, Cornish hens, ribs and stew meat, ground meats, and top or bottom beef round steak.
- Pick packs of frozen fried chicken pieces, and fish fillets or steaks, that allow you to use only what you want from the container and return the remainder to the freezer for another time.
- Purchase frozen vegetables and fruits in loose-pack bags so you can use just the amount desired. Or, cut a block of frozen vegetables or fruit in half for fewer servings.
- Don't overlook frozen, loose-pack items like deep-fried onion rings, french fries, or hash browns.
- Take advantage of ice cream sundae desserts and refrigerated and frozen yogurt packed in single-serving-size cups. Small, ready-made pudding desserts also are available.
- Don't forget fresh eggs—they come naturally packed in individual containers. If you can't use a whole dozen, ask your grocer to split a carton in half.

Small-scale cooking tips

- When you bring ground meats, chicken parts, or a steak home, divide the meat into single-serving portions; wrap individually, label, and freeze.
- Hot dogs freeze well up to two months in their vacuum packages and need not be thawed before using. Simply extend the heating or broiling time by one or two minutes. Once you open the package, rewrap the remaining hot dogs in moisture-vaporproof material.
- Prepare two servings of pasta, by adding 2 to 3 ounces of desired pasta to 1 quart of boiling water to which 1 teaspoon salt and 2 teaspoons cooking oil have been added. After water returns to boiling, check for doneness after 3 to 4 minutes.
- Make two servings of long-grain rice by combining 1 cup water, ½ cup long-grain rice, and ½ teaspoon salt in a 1-quart saucepan. Cover and bring to a boil. Reduce heat to low and cook 15 minutes without lifting cover. Remove from heat and let stand, uncovered, for 10 minutes.
- When you need to chop a small amount of green pepper or onion for a recipe, chop the entire vegetable and refrigerate or freeze the remainder, tightly wrapped, for future use.
- Grill on a hibachi—it's the ideal size for cooking just a couple of steaks or chops.
- Consider investing in a toaster oven that broils and bakes as well as toasts. It's handy for cooking a few servings and uses less energy than a conventional oven.
- Check out some of the newer small appliances, such as mini pressure pans, burger cookers, hot dog cookers, and mini deep fryers.
- Consider investing in small-sized or individual casseroles for single-serving main dishes.
- Don't overlook your wok—it's a great utensil for cooking a few servings of sliced meat or vegetables quickly and efficiently.
- Cut soup and stew recipes in half. Just be sure to adjust the cooking time and the size of utensils accordingly.
- Roast a whole chicken or large cut of meat. Reserve enough meat for one meal, then chop or slice the remaining meat off the bones. Freeze individual portions for use in salads, sandwiches, or hot dishes.
- When you buy bread, avoid spoilage by dividing the loaf in half and freezing one half for later use.

MEXICAN STEW WITH CORNMEAL DUMPLINGS

Different brands have different names for the frozen Mexican-style vegetables, which contain kidney beans, corn, peas, and green and red peppers—

8 ounces pork sausage links, cut into ½-inch pieces
1 10-ounce package frozen Mexican-style vegetables
1 cup tomato juice
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon instant beef bouillon granules

• • •

1 4.8-ounce package refrigerated buttermilk biscuits (5 biscuits)
2 tablespoons butter *or* margarine, melted
3 tablespoons cornmeal
1½ teaspoons cornstarch
1 tablespoon cold water
2 tablespoons crushed tortilla chips (optional)

In a 2-quart saucepan brown sausage, uncovered, on medium-high heat for 5 minutes; drain off excess fat. Add vegetables, tomato juice, cumin, salt, and bouillon. Bring to boiling; reduce heat. Cover; simmer 5 minutes. Meanwhile, prepare dumplings: Dip biscuits in the melted butter or margarine and roll in cornmeal to coat. Place on waxed paper. Blend the cornstarch



into the 1 tablespoon water; stir into stew. Cook and stir till thickened.

Place dumplings atop hot stew; sprinkle crushed tortilla chips atop, if desired. Cover pan tightly; simmer about 12 minutes, without lifting cover, till dumplings test done. Makes 2 or 3 servings.

continued


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continued

Cooking for small families

INDIVIDUAL SEAFOOD STRATAS

Next time, try frozen broccoli spears in place of the asparagus—

- **9 frozen asparagus spears**
- **3 slices French bread, cut ½ inch thick *or* 1½ cups plain croutons**
- **1 7¾-ounce can salmon, drained, bones removed, and broken into chunks**
- **½ cup shredded Swiss *or* brick cheese (2 ounces)**

• • •

- **1 7¾-ounce can semi-condensed cream of mushroom soup**
- **3 eggs**
- **¼ cup milk**
- **1 teaspoon Worcestershire sauce**
- **⅛ teaspoon dried tarragon, crushed**
- **Snipped chives**

In a medium saucepan cook asparagus, covered, in a small amount of boiling salted water for 3 minutes or till crisp-tender; drain. If using French bread, toast; place one slice bread or one-third of the croutons in each of 3 ungreased 5x5x1½-inch petite baking dishes (1¾ cup capacity) or 10-ounce custard cups. In each dish, layer one-third of the salmon chunks and cheese over bread slices.

In blender container or food processor bowl place undiluted soup, eggs, milk, Worcestershire, tarragon, and a dash *pepper;* cover and blend till smooth. Pour one-third of the mixture (about ½ cup) over the salmon layer in each casserole. Arrange cooked asparagus spears on top; sprinkle some of the chives over each. Cover; refrigerate for 1 to 12 hours.

Bake, covered, in a 350° oven for 50 minutes or till knife inserted just off-center comes out clean. Let stand 5 minutes before serving. Makes 3 servings.

NEW ENGLAND-STYLE PLATTER

- **1 12-ounce can (1½ cups) beer**
- **1 cup water**
- **¼ cup chopped onion**
- **1 clove garlic, minced**
- **1 bay leaf**
- **5 peppercorns**
- **2 medium potatoes, peeled and cut up**
- **2 small *or* 1 large carrot, peeled and cut into sticks**

• • •

- **3 smoked pork chops, cut 1 inch thick (about 1½ to 2 pounds)**
- **3 cabbage wedges**

• • •

- **2 tablespoons packed brown sugar**
- **1 tablespoon horseradish mustard**

In a Dutch oven combine beer, water, onion, garlic, bay leaf, and peppercorns. Add potatoes and carrots; cover and bring to a boil. Reduce heat and simmer, covered, 15 minutes. Add pork chops and cabbage wedges atop vegetables, pushing them into the cooking liquid. Cover and simmer 15 to 20 minutes more or till cabbage is done and chops are heated through. Season to taste with salt and pepper. Blend brown sugar and mustard.

To serve, place drained pork chops and vegetables on warm platter, spread brown sugar mixture over chops. Makes 3 servings.

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CURRIED LAMB STROGANOFF WITH RAISIN RICE

- 2 shoulder lamb chops (about 1 pound)
- 1 small apple, sliced in thin wedges
- 2 tablespoons butter *or* margarine
- • • •
- 3 tablespoons chopped onion
- 1 clove garlic, minced
- 1 to 2 teaspoons curry powder
- 1 tablespoon all-purpose flour
- ⅓ cup plain yogurt
- ½ cup beef broth
- 1 recipe Raisin Rice (see recipe below)
- Parsley sprig (optional)

Cut meat from lamb chops into bite-sized strips; discard bones. In skillet cook apple wedges in the 2 tablespoons butter or margarine till crisp-tender. Remove apples; set aside.

In drippings in skillet, brown lamb strips. Add onion, garlic, and curry powder; cook till onion is tender. Cover; simmer 15 minutes. Remove meat and onion from skillet. Combine flour and yogurt; stir into drippings. Stir in beef broth; cook and stir till thickened *(do not boil)*. Return apple slices and meat mixture to pan; heat through. Serve with Raisin Rice. Garnish with parsley sprig, if desired. Makes 2 or 3 servings.

To make Raisin Rice: Combine 1 cup *water*, ¼ cup *raisins*, 1 teaspoon *butter* or *margarine*, and ¼ teaspoon *salt;* bring to boiling. Stir in 1 cup *quick-cooking rice;* cover and remove from heat. Let stand 5 minutes.

VEGETARIAN LASAGNE

Use a 12-inch skillet to cook the lasagne noodles—

- 2 lasagne noodles
- • • •
- 2 medium carrots, peeled and bias-sliced (¾ cup)
- 3 tablespoons chopped onion
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- ¾ cup extra-thick meatless spaghetti sauce
- 2 tablespoons water
- 1 teaspoon dried oregano, crushed
- ½ teaspoon dried basil, crushed
- • • •
- ¾ cup sliced fresh mushrooms
- ½ of a medium zucchini, cut into bite-sized sticks (½ cup)
- ½ of a 10-ounce package frozen chopped spinach, thawed and well-drained
- 1 cup cream-style cottage cheese, drained
- 2 tablespoons grated Parmesan cheese
- 1 beaten egg
- 1 cup shredded mozzarella cheese (4 ounces)
- 1 tablespoon sliced pitted ripe olives
- Whole chili peppers (optional)

Cook lasagne noodles in boiling salted water about 10 minutes or till tender; drain. Cut noodles crosswise into thirds. In skillet cook carrots, onion, and garlic in hot oil, covered, about 4 minutes or till onion is tender. Stir in spaghetti sauce, water, oregano, ½ teaspoon *salt,* and basil; simmer, covered, about 15 minutes or till carrots are tender. Reserve a few mushrooms for garnish. Stir in zucchini and remaining mushrooms; cook, uncovered, about 5 minutes or till zucchini is tender. Meanwhile, squeeze excess

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continued

Cooking for small families

liquid from spinach. In a bowl stir together cottage cheese, Parmesan cheese, and egg. In a greased 8x4x2-inch loaf pan layer *half* each of the noodles (placed crosswise), spinach, cottage cheese mixture, spaghetti sauce mixture, and mozzarella; repeat layers *except* for mozzarella. Bake, covered, in a 375° oven for 35 minutes. Top with remaining mozzarella, olive slices, and reserved mushrooms. Return to oven for 2 to 3 minutes to melt cheese. Let stand 10 minutes before serving. Garnish with chili peppers, if desired. Makes 2 or 3 servings.

BROCCOLI BEEF ROLL-UPS WITH SAUCE ROMANO

Here's an elegant 30-minute entrée idea—

½ of one 10-ounce package frozen broccoli spears
⅓ of one 2½-pound beef sirloin tip roast, cut into 5- or 6 ¼-inch-thick slices
1 tablespoon butter *or* margarine
2 teaspoons all-purpose flour
¼ teaspoon instant beef bouillon granules
⅔ cup milk *or* light cream
¼ cup grated Romano *or* Parmesan cheese
⅛ teaspoon dried chervil, crushed

In a medium saucepan cook broccoli spears, covered, in a small amount of boiling salted water for 3 to 5 minutes or till crisp-tender; drain. Season meat slices with *salt* and *pepper.* Divide broccoli spears between meat slices; place on long side of meat and roll up. Secure with wooden picks; place on rack of broiler pan. Broil 5 inches from heat for 12 to 14 minutes for medium doneness, turning once. Remove wooden picks.

Meanwhile, prepare sauce: In a small saucepan melt the butter or margarine; blend in the flour, bouillon granules, and dash *pepper.* Add milk all at once; cook and stir over medium heat till mixture thickens. Cook and stir 2 minutes more. Stir in the Romano or Parmesan cheese and chervil; heat through but *do not boil.* Place roll-ups on serving platter; spoon some of the sauce over. Pass remaining sauce. Makes 2 or 3 servings.

SAUERBRATEN ROAST

Next time, serve the roast with spaetzle instead of pasta—

⅔ of one 2½-pound beef sirloin tip roast
1 16-ounce can pearl onions, drained
⅔ cup dry red wine
½ cup cranberry juice cocktail
¼ cup vinegar
2 teaspoons sugar
2 teaspoons salt
2 teaspoons lemon juice
¼ teaspoon ground cloves
¼ teaspoon ground ginger

• • •

¼ cup cooking oil
5 gingersnaps, crushed
2 tablespoons dairy sour cream
¼ cup cold water
Hot cooked noodles
Poppy seed
Whole cranberries (optional)
Curly endive (optional)

Place meat in a plastic bag; set in a shallow pan. In a small bowl combine onions, wine, cranberry juice cocktail, vinegar, sugar, salt, lemon juice, cloves, ginger, and ⅛ teaspoon *pepper.* Pour marinade over meat; close bag. Marinate meat for 2 or 3 days in refrigerator, turning the bag occasionally to distribute the marinade.

Remove meat, reserving marinade. Pat excess moisture from meat with paper toweling. In a Dutch oven brown meat on all sides in hot oil. Add reserved marinade. Cover; roast in a 325° oven about 1½ hours or till tender. Remove meat from pan juices; keep warm.

Measure 1¼ cups pan juices (including onions). Combine gingersnaps and sour cream; blend in cold water. Stir into pan juices. Cook and stir till thickened and bubbly.

Toss hot cooked noodles with poppy seed; spoon onto serving platter. Serve half of the roast atop noodles. Wrap and chill other half of meat for Rancher's Salad Nicoise, recipe at right. Pour some of the gravy over meat; pass remaining. Garnish platter with parsley, whole cranberries, and endive, if desired. Makes 3 servings.

RANCHER'S SALAD NICOISE

1 recipe Vinaigrette Dressing
2½ cups desired torn greens, such as romaine, Bibb, head lettuce, spinach, endive, escarole, *or* Boston lettuce
⅓ of one 2½-pound beef sirloin tip roast, cooked and chilled (reserved from Sauerbraten Roast, recipe at left) *or* other leftover roast beef
½ of one 10-ounce package frozen cut green beans, cooked, drained, and chilled
6 cherry tomatoes, *or* 1 medium tomato, cut into wedges
½ small green pepper, sliced
½ medium onion, sliced and separated into rings
1 hard-cooked egg, cut into wedges
1 small potato, cooked, peeled, and sliced
6 pitted ripe olives, halved

Prepare Vinaigrette Dressing: In a screw-top jar combine ½ cup *salad oil,* ⅓ cup *white* or *red wine vinegar,* 1 teaspoon *sugar,* ½ teaspoon *salt,* and ¼ teaspoon *dried fines herbes,* crushed. Cover and shake well; chill.

At serving time, line a serving bowl with torn greens. Slice beef into thin strips; arrange meat atop lettuce with chilled beans, tomatoes, green pepper, onion rings, cooked egg wedges, potato slices, and olives. Cover and chill. Just before serving, shake dressing; pour over salad. Toss. Makes 2 or 3 servings.

FRUIT YOGURT SHORTCAKES

We used sliced kiwi, strawberries, and peaches with lemon yogurt and orange peel in this shortcake—

1 egg
2 tablespoons milk
⅓ of one 12-, 15-, or 17-ounce package sugar cookie mix

• • •

½ cup lemon *or* orange-flavored yogurt
1 teaspoon finely shredded lemon *or* orange peel (optional)
1 cup desired assorted fresh, canned and drained, *or* frozen and thawed loose-pack fruit
Finely shredded lemon *or* orange peel (optional)

In mixing bowl combine egg and milk; stir in cookie mix and blend well. Grease and flour bottom only of a 1-

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continued

Cooking for small families

pound coffee can. Pour cookie batter into prepared can. Bake in a 325° oven for 35 to 40 minutes or till cake tests done. (Baked cake will fill can only half full.) Loosen edges of cake from sides of pan with a metal spatula; turn out onto wire rack to cool. At serving time combine yogurt and the 1 teaspoon lemon or orange peel, if desired. (If not using peel, stir yogurt to saucey consistency.) Slice off rounded top portion of cake (wrap and set aside to use as a snack another time). Slice remaining cake crosswise into 4 slices. Place 2 of the slices on 2 serving plates. Top each with one-fourth of the fruit and 2 tablespoons of the yogurt. Top each with a second slice of cake, remaining fruit, and yogurt. If desired, garnish each shortcake with finely shredded lemon or orange peel. Makes 2 servings.



SMALL-TIME CHEESECAKES

Make these ahead so they can chill—

⅓ of one 12-, 15-, or 17-ounce package sugar cookie mix
1 to 2 tablespoons butter *or* margarine, melted
½ of one 8-ounce package cream cheese, softened
3 tablespoons sugar
1 egg
1 tablespoon milk
1 teaspoon vanilla
¼ cup strawberry, raspberry, apricot, *or* peach preserves
Chopped walnuts

To prepare crust, empty cookie mix into bowl; add some of the melted butter or margarine; toss with fork till moistened. Add more melted butter, if necessary. Press mixture firmly on bottoms and up sides of 3 individual tart pans. Bake in a 350° oven for 10 minutes; cool on rack while preparing filling.

In a small mixing bowl beat cream cheese on medium speed of electric mixer till fluffy. Beat in sugar, egg, milk, and vanilla. Pour mixture into baked crust. Bake in 350° oven about 25 minutes, or till center appears set. Cool, then chill till serving time, at least 2 hours.

To serve, spread preserves over tarts; sprinkle with chopped walnuts, if desired. Makes 3 servings.

SUGAR COOKIES

Be careful not to overbake these—

⅓ of one 12-, 15-, or 17-ounce package sugar cookie mix
1 tablespoon butter *or* margarine, softened
1 egg yolk
Sugar

In a small mixing bowl combine cookie mix, butter or margarine, and egg yolk; mix well. If mixture is very stiff, stir in ½ to 1 teaspoon *water.* With fingers shape dough into 1-inch balls; place on ungreased cookie sheet. Flatten balls with the bottom of a sugar-coated glass. Bake in a 375° oven for 7 to 8 minutes or till set but not browned. Cool 1 minute before removing cookies to wire rack to cool. Makes about 1 dozen cookies.

SHRIMP FRIED RICE

Use the rest of the dinner mix for Chinatown Omelet or Oriental Hamburger Dinner (see recipes below)—

½ of one 8-ounce package Oriental hamburger dinner mix (about ⅓ cup rice, and 5 tablespoons sauce mix)
1 beaten egg
2 tablespoons dry sherry
1 tablespoon cooking oil
1 clove garlic, minced
2 teaspoons grated fresh gingerroot
6 ounces shrimp, cooked, peeled, and deveined
1½ cups torn fresh spinach *or* bok choy
½ of one 6-ounce package frozen pea pods, thawed
⅓ cup sliced water chestnuts, drained

In a 1-quart saucepan bring ¾ cup *water* to boiling; stir in the ⅓ cup rice. Cover; reduce heat and simmer for 15 to 20 minutes or till rice is tender. Fluff with fork; set aside. Combine the 5 tablespoons sauce mix, beaten egg, and sherry; set aside. Preheat wok or 10-inch skillet over high heat; add cooking oil. Stir-fry garlic and gingerroot in hot oil for 30 seconds. Add the cooked rice and shrimp; cook, stirring frequently, for 3 minutes, adding 1 tablespoon more oil if necessary. Add spinach, pea pods, and water chestnuts; cook 1 minute more. Drizzle egg



mixture over rice, stirring constantly. Cook, stirring constantly, 1 minute more. Serve at once. Makes 2 servings.

CHINATOWN OMELET

½ of one 8-ounce package Oriental hamburger dinner mix (about ⅓ cup rice and 5 tablespoons sauce mix)
2 tablespoons chopped green pepper
3 egg whites
1 tablespoon water
3 egg yolks
1 tablespoon butter *or* margarine
¾ cup water
3 tablespoons sake *or* dry white wine
½ of one 16-ounce can (about 1 cup) fancy mixed Chinese vegetables, drained
Whole preserved kumquats (optional)
Fresh watercress (optional)

In a 1-quart saucepan bring ¾ cup *water* to boiling; stir in the ⅓ cup rice. Reduce heat; cover and simmer 10 minutes. Stir in the green pepper; cover and simmer 5 minutes more or till rice is tender and all the water is absorbed. Fluff with fork. Remove

continued on page 174

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continued from page 170

Cooking for small families

from heat. Cover and keep warm.

In a small mixing bowl beat egg whites with the 1 tablespoon water and ⅛ teaspoon *salt* on high speed of electric mixer to stiff peaks. In another small bowl beat egg yolks at high speed of electric mixer about 5 minutes or till thick and lemon-colored. Fold yolks into egg white mixture. In an 8-inch skillet with ovenproof handle, heat the butter or margarine till a drop of water sizzles. Pour in egg mixture, mounding it slightly higher at the sides. Cook, uncovered, over low heat for 8 to 10 minutes or till eggs are puffed and set, and bottom is golden brown. Place skillet in a 325° oven; bake for 8 to 10 minutes or till knife inserted just off-center comes out clean.

Meanwhile, prepare sauce: In small saucepan combine the 5 tablespoons sauce mix, the ¾ cup water, the sake or white wine, and drained Chinese vegetables. Cook and stir till thickened and bubbly. Remove from heat. Cover and keep warm.

Spoon rice onto serving platter. Loosen sides of omelet with a metal spatula. Make a shallow cut across omelet, cutting slightly off-center. Fold the smaller (upper) portion of omelet over the larger portion; slip onto platter atop rice. Spoon sauce over. Garnish platter with whole kumquats and watercress, if desired. Makes 2 or 3 servings.

ORIENTAL HAMBURGER DINNER

8 ounces ground beef
2 cups hot water
½ of one 8-ounce package Oriental hamburger dinner mix (about ⅓ cup rice and 5 tablespoons sauce mix)

In an 8-inch skillet brown meat; drain off excess fat. Stir in the water, the ⅓ cup rice, and the 5 tablespoons sauce mix from dinner mix. Heat to boiling, stirring constantly. Reduce heat; cover and simmer 20 minutes, stirring occasionally. Uncover; cook 5 minutes more or to desired consistency. Makes 2 servings.

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Light O' Lemon No-Bake Pie

(Makes one 8-inch pie)

- 1 envelope KNOX® Unflavored Gelatine
- 1 package (3 1/8 oz.) vanilla pudding and pie filling mix
- 1/4 cup sugar
- 2 cups liquid CARNATION® Instant Nonfat Milk
- 5 tablespoons lemon juice
- 1/4 teaspoon grated lemon peel (optional)
- 1/3 cup CARNATION® Instant Nonfat Dry Milk
- 1/3 cup iced water
- 6-oz. JOHNSTON'S® Graham Cracker Ready-Crust® Pie Crust

In medium saucepan, mix unflavored gelatine, pudding and pie filling mix and sugar; blend in liquid instant nonfat milk. Let stand 1 minute. Cook over medium heat, stirring constantly, until mixture comes to a boil and gelatine is dissolved. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Stir in 4 tablespoons lemon juice and peel.

In small mixer bowl, combine instant nonfat dry milk and iced water. Beat at high speed until soft peaks form (3-4 minutes). Add remaining 1 tablespoon lemon juice and continue beating until stiff peaks form (3-4 minutes longer). Fold whipped instant milk into pudding mixture. Spoon into crust. Chill until firm. Serve with fruit, if desired.



POUR ON THE



Photographs: Dieter

In the saucepan melt butter or margarine; add water chestnuts, thyme, and ginger. Cook and stir for 2 minutes. Add wine, parsley, and cooked carrots; cook and stir till heated through. Makes 6 to 8 servings.

Microwave method: In a 1½-quart nonmetal casserole place carrots and ⅓ cup *water*. Micro-cook at HIGH power, covered, 8 to 10 minutes. Drain; set aside. In the same casserole micro-cook butter at HIGH power for 30 seconds or till melted. Stir in water chestnuts, thyme, and ginger. Micro-cook, uncovered, 45 seconds. Stir in wine, parsley, and carrots. Micro-cook, covered, 1 to 2 minutes more or till heated through.

FOOD

Fancied-up winter vegetables

Now's the time to brighten your menus with tasty and nutritious winter vegetables—and here are several new ways to do it. Start with saucy fix-ups for carrots and cabbage, two cold-weather favorites.

For a more unusual winter vegetable, try Belgian endive. This creamy white, cylindrical vegetable can be added to tossed green salads, cooked with herbs, or cooked and marinated in a tangy dressing.

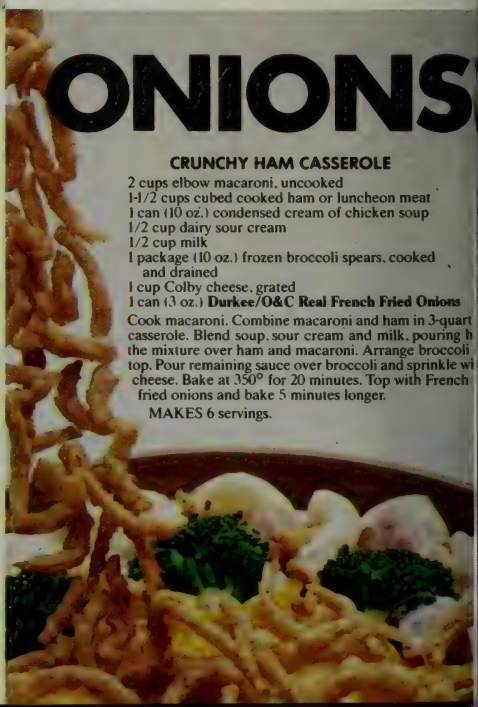
SAUCY CARROTS WITH WATER CHESTNUTS

1 pound carrots, peeled and bias-sliced ½ inch thick

• • •

2 tablespoons butter *or* margarine
1 8-ounce can water chestnuts, drained and thinly sliced
¾ teaspoon dried thyme, crushed
¼ teaspoon ground ginger
3 tablespoons dry white wine
1 tablespoon snipped parsley

In a covered saucepan cook carrots in small amount of boiling salted water for 15 to 20 minutes or just till crisp-tender. Drain and set carrots aside.



ONIONS

CRUNCHY HAM CASSEROLE

2 cups elbow macaroni, uncooked
1-1/2 cups cubed cooked ham or luncheon meat
1 can (10 oz.) condensed cream of chicken soup
1/2 cup dairy sour cream
1/2 cup milk
1 package (10 oz.) frozen broccoli spears, cooked and drained
1 cup Colby cheese, grated
1 can (3 oz.) **Durkee/O&C Real French Fried Onions**

Cook macaroni. Combine macaroni and ham in 3-quart casserole. Blend soup, sour cream and milk, pouring h the mixture over ham and macaroni. Arrange broccoli top. Pour remaining sauce over broccoli and sprinkle wi cheese. Bake at 350° for 20 minutes. Top with French fried onions and bake 5 minutes longer.

MAKES 6 servings.

ENDIVE SALAD A LA GREQUE

- 1 pound Belgian endive
- ½ cup salad oil
- ⅓ cup lemon juice
- 1 tablespoon sugar
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon cracked pepper
- ¼ teaspoon dried chervil, crushed
- ¼ teaspoon dried tarragon, crushed
- ¼ teaspoon dried basil, crushed
- 1 9-ounce package frozen artichoke hearts, cooked and drained
- 1 cup sliced fresh mushrooms



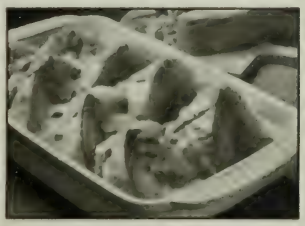
In a covered 12-inch skillet simmer endive in a small amount of boiling salted water about 10 minutes or just till tender; drain. Cool.

Meanwhile, in a screw-top jar combine oil, lemon juice, sugar, garlic, salt, pepper, chervil, tarragon, and basil; cover and shake till well blended. Halve endive lengthwise. Place endive, artichokes, and mushrooms in a bowl; pour dressing over. Cover and chill several hours or overnight. At serving time, drain vegetables; arrange on individual plates or a large platter. Makes 4 servings.

CABBAGE SUPREME

The colorful topper will remind you of Thousand Island salad dressing—

- 1 medium head cabbage, cut into 8 wedges
- ¼ cup finely chopped green pepper
- ¼ cup finely chopped onion
- ¼ cup butter *or* margarine
- ¼ cup all-purpose flour
- ⅛ teaspoon pepper
- 2 cups milk
- ½ cup mayonnaise *or* salad dressing
- ½ cup shredded cheddar cheese
- 3 tablespoons chili sauce



In a covered Dutch oven or large skillet cook cabbage in small amount of boiling salted water about 12 minutes or just till tender. Drain very well and place in a 13x9x2-inch baking dish.

In saucepan cook green pepper and onion in butter or margarine till tender. Blend in flour, ½ teaspoon *salt*, and pepper. Add milk; cook and stir till bubbly. Pour over cabbage. Bake, uncovered, in 375° oven 20 minutes. Combine mayonnaise, cheese, and chili sauce; spoon atop cabbage. Bake 5 minutes more. Makes 8 servings.

ONIONS.

CRUNCHBURGERS

1-1/2 pounds ground beef
1 teaspoon Durkee Seasoned Salt
1/8 teaspoon Durkee Black Pepper
1-1/2 tablespoons Worcestershire sauce
1 can (3 oz.) **Durkee/O&C Real French Fried Onions**

Combine ground beef, seasoned salt, pepper and Worcestershire sauce. Add 1/2 can French fried onions and mix gently. Form into 4 patties and fry, broil or grill to desired doneness. If desired, top with cheese slice during last few minutes of cooking. Top with remaining onions.

MAKES 4 servings.



ONIONS.

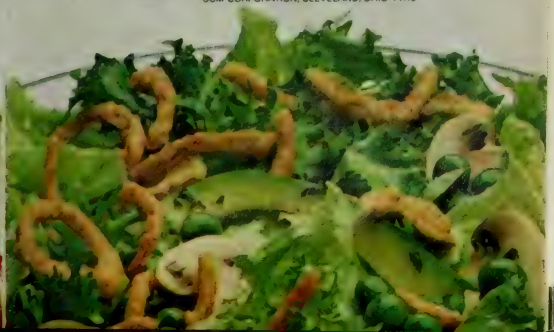
GARDEN SALAD

3 cups bite-size mixed salad greens (iceberg lettuce, curly endive)
1 package (10 oz.) frozen peas, thawed
1 cup sliced fresh mushrooms
1 avocado, sliced (optional)
1-1/2 teaspoons Durkee Tarragon
1/2 cup oil and vinegar dressing
1 can (3 oz.) **Durkee/O&C Real French Fried Onions**

In a large salad bowl, combine all ingredients except 1/2 can French fried onions. Serve immediately, garnished with remaining onions.

MAKES 6-8 servings.

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Chocolate Syrup Brownies

1 cup Diamond Walnuts
1 cup sifted all-purpose flour
¼ tsp. baking powder
½ cup soft butter or margarine
¾ cup brown sugar, packed
1 large egg
1 tsp. vanilla
1 can (5.5 oz.) chocolate syrup

Chop ¾ cup walnuts coarsely; remainder fine for tops of brownies. Resift flour with baking powder. Combine butter, sugar, egg and vanilla; beat well. (Mixture will appear slightly curdled.) Stir in chocolate syrup then flour mixture. Add coarsely chopped walnuts. Turn into greased 8-in. square baking pan; spread level. Sprinkle with finer walnuts.
Bake at 350° F. about 50 min., until top springs back when touched lightly, and pick inserted in center comes out clean. Cool in pan. Cut into squares or bars to serve. Makes 1 (8-in.) square.



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Impromptu party

PASTA PRIMAVERA

1 cup sliced carrot
½ pound fresh broccoli *or* 1 10-ounce package frozen broccoli cuts
1 15-ounce carton (2 cups) ricotta cheese
1 cup dairy sour cream
½ cup milk
½ cup grated Parmesan cheese
2 tablespoons dry white wine
1 teaspoon dried marjoram, crushed
8 ounces hot cooked linguini

In a saucepan cook carrot in boiling salted water for 10 minutes. Meanwhile, remove broccoli buds from stalks (use stalks another time) or remove frozen broccoli from package. Add to carrots. Continue cooking 5 minutes more or till vegetables are tender. Drain; keep warm. Using electric mixer combine ricotta cheese, sour cream, milk, Parmesan cheese, wine, and marjoram. Transfer to a saucepan. Heat through but *do not boil.* To serve, toss vegetables, cheese sauce, and hot cooked linguini together. Makes 6 to 8 servings.

CARAMEL-CHOCOLATE FONDUE

1 14-ounce can *sweetened condensed* milk
1 12-ounce jar caramel topping
1 6-ounce package (1 cup) semisweet chocolate pieces
¼ cup brandy, coffee-flavored liqueur, *or* other liqueur
Unpeeled apple slices
Unpeeled pear slices
¼ cup lemon juice
1 3½-ounce can (1⅓ cups) flaked coconut
Sliced almonds
Chopped walnuts

In medium saucepan combine condensed milk, caramel topping, and chocolate pieces. Cook and stir over low heat till chocolate melts. Blend in brandy or liqueur. Transfer to fondue pot; place over fondue burner. Toss fruit with lemon juice; arrange on a platter. Place coconut and nuts in separate bowls. To serve, dip fruit pieces in warm fondue mixture. Then dip in coconut or nuts. Makes 3 cups.



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Fleischmann's has a delightful book of recipes you'll want to bake for—or with—the kids. Send for a copy and bake someone happy.

Teddy Bear Bread **(Makes 2 bears)**

Scald 1/2 cup milk; stir in 3 tablespoons sugar, 2 teaspoons salt, and 3 tablespoons margarine. Cool to lukewarm. Dissolve 1 package Fleischmann's® Active Dry Yeast in 1-1/2 cups warm water (105°F.-115°F.). Add milk mixture and 3 cups unsifted flour; beat until smooth. Stir in enough more flour (3-1/2—4 cups) to make a stiff dough. Onto floured board knead 8-10 minutes. Place in greased bowl; grease top. Cover, let rise until doubled, about 1 hour. Punch down. Divide into 4 equal pieces; cut 1 piece in half and 1 piece into 14 pieces. Shape into balls. Place large balls on greased baking sheets for bodies. Place medium balls above for heads. Flatten slightly. Pinch seams. Attach small balls for paws, noses, and ears. Cover; let rise until doubled, about 1 hour. Make indentations in ears. Place raisins for eyes and belly buttons. Mix 1 egg and 1 tablespoon water; brush on bears. Bake at 400°F. 25-30 minutes. Cool.

For your "Bake-It-Easy" recipe book, send $1 to: Fleischmann's Yeast, Box 337, Dept. D3, Teaneck, N.J. 07666. Offer good only in U.S. Allow 4-6 weeks for delivery.

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Certainly, we build attractive smiles, but our most important goal is to help shape the health of the mouth. Hopefully for life.

The structural problems that affect mouth health frequently aren't apparent. Frequently go untreated. Even after a dentist's warning. To prove the point, how many of your children's friends wear braces? Over half of them? We doubt it. But studies show that two out of every three children could benefit from some type of orthodontic treatment. One out of four has a serious problem. A problem that may not show up at a young age. But eventually will.

An orthodontic checkup should be basic to the health care of every child. If teeth are crowding each other, leading to problems such as gum deterioration or decay, they'll be spotted. So will teeth that could "wander" in too much space. Or teeth that can cause chewing problems.

Members of the American Association of Orthodontists are qualified men and women who have met the extended educational requirements which are mandatory for an orthodontic specialist. We are dedicated to maintaining high professional standards and building the mouth health of Americans. We hope you'll take the idea of an orthodontic checkup for your child seriously. Either when second teeth begin to arrive or when you or your dentist spot what looks like a problem at an early age.

In that way we'll all be working to assure your child a healthier mouth. Hopefully for life.

For more information on the contribution of orthodontics to the health of the mouth in adults and children write the American Association of Orthodontists, 460 N. Lindbergh Blvd., St. Louis, Mo. 63141.

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begins on page 132

Vegetable gardening

The vegetable varieties listed below have all proved to be high yielding in gardens across the country. Use this list as a guide when you select your vegetable varieties. But keep in mind that this list is not all-inclusive; there are many other varieties of each crop listed that might do even better in your area.

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Burpee's Tenderpod
Greensleeves
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Goldcrop Wax
Pencil Pod Wax
Royal Burgundy Purple Pod
Kentucky Wonder Pole
Fordhook Bush Lima 242
Burpee's Best Pole Lima

Beets
Detroit Dark Red
Little Ball
Burpee's Golden
Vermilion
Spring Red

Broccoli
Premium Crop
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Brussels Sprouts
Jade Cross Hybrid
Long Island Improved (Catskill)
Early Morn

Cabbage
Savoy Ace
Green Acre
Big Apple Hybrid
Ruby Ball
Stonehead Hybrid

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Sweet 'n Early Hybrid
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Tom Thumb
Salad Bowl
Great Lakes
Ruby
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Peas
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Sugar Snap
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Barbara Humeston

10 ways to save on veterinary care

Like almost everything else, the cost of good veterinary care is on the upswing. But that doesn't mean there still aren't ways to economize. Here's how to save on veterinary bills without compromising your pet's health care.

1 Keep your pet in top-notch shape.

If your pet is in good physical condition, he's less likely to require veterinary care. Serve up nutritious rations in proportion to your pet's size, age, and level of activity, and make sure he gets plenty of exercise.

Good grooming also pays dividends. If you groom your pet regularly, you help him avoid many skin problems and often you can detect injuries or other troubles before they have a chance to become serious.

Training is another step in the right direction. Well-trained pets (especially dogs that "come," "sit," "stay," etc., on command) are less accident and injury prone.

2 Pick a veterinarian carefully.

The basic charge for an office call can be a good index for comparing veterinarians' fees. Check with several veterinarians in your area, and consider a switch if you can get comparable care at better prices elsewhere.

Does the veterinarian charge extra for emergency calls or after-hours visits? Does he or she keep office hours on weekends (particularly important in a two-income household)? How far is the veterinarian's office from your home (eliminating crosstown drives will save you money)?

Don't automatically assume the veterinarian who charges most provides the best care. Veterinarians who practice in elaborate animal hospitals and those with offices in high-rent districts, for example, are likely to pass their overhead on to clients in the form of higher fees. You may wind up paying for "window dressing" and extras your pet will never use. Choosing a veterinarian who's part of a "co-op" hospital, in which several veterinarians pool their resources and use the same facility, may save you money.

3 Make an annual checkup part of your pet's health-care routine.

An annual checkup for your pet may save you a bundle, especially if a health problem is detected in its early stages. That's when treatment is likely to cost less and to continue over a shorter period of time. And with a little preplanning, you can time this one visit a year so all your pet's routine health care needs, including booster vaccinations, can be handled at once.

Investing in a checkup for a new pet (before the deal is finalized) also can be a money-saver in the long run. That checkup probably will detect any diseases the animal may be carrying or other health problems likely to result in veterinary bills later on. But since symptoms of some dog and cat diseases show up only after a couple weeks' incubation time, quarantining a new pet from the other animals in your household for a couple of weeks is another good strategy. In case the newcomer does become ill, you're less likely to face the prospects of paying for treatment of every pet in your home.

If you're a multi-pet family, "quantity" discounts are worth looking into. Ask your veterinarian about bringing all your pets in at once. There's a chance you may save the price of several separate office calls.

4 Invest in a good medical-type handbook that applies to your pet.

Though you should never risk do-it-yourself treatment of a serious illness or injury, a sound basic reference book will save you money in the long run. By reading the book, you can learn to distinguish critical symptoms requiring immediate professional attention (for which you may pay a premium after hours) from less serious problems that probably can wait till regular office hours, or perhaps even be treated at home after consulting your veterinarian by telephone. Symptoms like convulsions and choking are legitimate emergencies, for example, while the possibility that your pet has ringworm hardly warrants an emergency office call.

Good reference books include: *The Well Dog Book* and *The Well Cat Book* (Random House, $10), *The Complete Kitten and Cat Book* (Harper and Row, $12.95), and *The Complete Puppy and Dog Book* (Atheneum, $14.95); *First Aid for Pets* (Dutton, $10.95; $6.95 in paperback).

Remember, too, that you're wasting your money when you have a veterinarian handle grooming chores—like nail clipping and ear cleaning—that you could learn to do yourself at home. Ask your veterinarian to show you how, or read "Pet Grooming Pointers" in the October, 1979, issue of *Better Homes and Gardens*.

5 Substitute a phone call for a visit to your veterinarian when you can.

Don't feel timid about phoning your veterinarian for advice and consultation. Chances are that any veterinarian who sees your pet regularly won't object to an occasional telephone call. To turn that call into a real money-saver, be ready to fill in your veterinarian on the details of your pet's problem. What are your pet's symptoms (including whether he has a fever)? Has your pet stopped eating and/or drinking? What other changes in behavior have

continued

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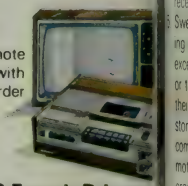
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Enclose a weight circle from Purina® Cat Chow® cat food or Purina® Kitten Chow® kitten food, or hand-print the words "Calendar Cat Sweepstakes" on a separate piece of paper. If you like, you may include a snapshot of your cat.

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3. Sweepstakes closes June 2, 1980. Entries must be received by June 9, 1980. Entries become the property of Ralston Purina Company. None will be returned.
4. All prizes will be awarded. Total retail value of 2,510 prizes offered is $130,000. If a prize is not generally available at sweepstakes end, a substitute of equal or greater value will be made, otherwise no prize substitutions or transfers. Winners will be drawn at random by Product Exposure, Inc., independent judging firm. Odds of winning are determined by the number of qualifying entries received. Judges' decision is final.
5. Sweepstakes open to all cat owning residents of the United States except where prohibited, restricted or taxed by law. Employees (and their immediate families) of Ralston Purina Company, its affiliated companies, its advertising and promotion agencies and judging organizations are not eligible. Winners may be required to execute an affidavit of eligibility and release. One prize per person. All taxes are winners' responsibility. Trip(s) must be taken before July 1, 1981. Travel accommodations are by sponsor's choice. For list of Grand, First, Second and Third prize winners, send stamped addressed envelope to Cat Chow Sweepstakes c/o Product Exposure, Inc. 11 East Hubbard St., Chicago, IL 60611. Do not send entries to this address.



For your pet's health... see your veterinarian regularly

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continued

Veterinary care

you noticed? How long have the symptoms persisted? Your veterinarian can give you help by phone only when you can provide complete and accurate information about your pet's problem and his condition.

6 Don't postpone getting professional treatment for an ailing pet until he becomes critically ill.

This common mistake not only reduces your pet's chances of recovery, but also usually costs you more money in the long run. Take the time to really get to know your pet and what's "natural" for him. Then you'll be able to spot trouble signs—changes in appearance, behavior, etc.—early, before your pet's condition has a chance to deteriorate and become serious.

7 Follow your veterinarian's instructions to the letter.

After you pay for a veterinarian's expertise, don't change or discontinue the treatment or medication prescribed without checking with the veterinarian first. Also, be sure you completely understand instructions regarding your pet's care.

8 Ask your veterinarian about letting your pet recuperate at home.

This is worth checking out if your pet's condition calls for a long period of recuperation (after surgery, for example). Since hospitalization for a pet often runs $5 to $10 a night, home care can result in substantial savings. But you'll be making a real commitment to your pet—administering medication, handling other treatment, monitoring your pet's condition, and being alert to any changes that require professional care or at least should be called to your veterinarian's attention.

9 Before treatment begins, get an estimate of the costs involved and of your pet's prognosis for recovery.

Armed with this information, the decision about whether to proceed with the prescribed care should be yours, especially when the illness or injury is serious and treatment is expensive. If you choose to go ahead with treatment, but are facing the prospects of an overpowering bill, talk frankly with your veterinarian about your ability to pay. Chances are you can arrange to spread the costs out over a period of time. Major credit cards are accepted by many veterinarians, too.

10 Take advantage of free or reduced-price pet care services available in your area.

Some communities, for instance, sponsor rabies clinics where pets receive free vaccinations. Your local dog licensing bureau or health department can help bring you up to date about these services.

To help control the pet population boom, humane organizations are establishing low-cost spay/neuter clinics in more and more communities. Some animal hospitals affiliated with humane associations also offer the same services as private veterinarians at lower rates. But that's not always the case, so check in advance to be sure. Some of these hospitals are managed to make a profit, which goes to help support the work of the association. Telephone numbers and addresses of most local humane organizations are listed in the phone book.

Nearly two dozen schools of veterinary medicine across the country provide health care services for pets (though sometimes on a referral-only basis) at prices that are hard to beat. When it comes to dealing with special animal health problems, the research and treatment facilities of these schools also are among the best anywhere. For the school nearest you, contact the American Veterinary Medical Association, Public Information Division, 930 North Meacham Road, Schaumburg, Illinois 60196.

Complaining "after the fact"

If you feel you've been overcharged for a veterinarian's services, don't hesitate to ask for a full accounting of the bill—laboratory work, drugs, hospitalization, etc. These charges will all be in addition to the veterinarian's fee. You're entitled to an explanation of every charge in terms you can understand. If you're still dissatisfied, register a complaint with your state veterinary association.

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Learn to Play Tennis

FAMILY VACATIONS

By Kate Keating

There couldn't be a better time for your family to learn to play tennis. And a tennis vacation in which you immerse yourselves in instruction and play for several consecutive days may well be the very best way to get acquainted with the sport.



Photograph: Melody Braden

"Tennis is fun," maintains tennis coach Vic Braden (see page 193), and here he shows how a little clowning around helps a couple of "young-uns" learn the game.

Why now?

The ballyhooed tennis boom of the '70s has leveled off noticeably. In its wake, of course, are scores of accomplished players who, happily, will enjoy the sport for the rest of their lives. But many trendy folk who took up tennis primarily because it was the "in" game have stowed their gear and gone on to dabble in something new. That means the "court crunch" is over, except in a few metropolitan centers. In fact, many of the numerous new tennis courts, built in the last decade by parks departments, country clubs, tennis camps, tennis clubs, and resorts, are just waiting for players.

What's more, well-trained professional tennis instructors, who proliferated in the '70s, now have ample time to pay solicitous attention to beginners.

Why a tennis vacation?

Of course, you and your children could, most likely, take lessons right in your own community. Parks departments, adult education classes, Ys, and tennis and country clubs often offer instruction. However, there are distinct advantages to choosing a tennis vacation:

As you learn new techniques, you immediately reinforce them with practice. That way, mind and body are "programmed" to do the right thing from the beginning. (Any tennis pro will attest that it's much easier to teach a new stroke than to correct a faulty one.) Furthermore, you'll be more likely to stick with the sport during the awkward beginning stages if your whole family is learning together. In fact, chances are that your learn-to-play-tennis vacation will turn out to be the most enjoyable and rewarding vacation your family has ever taken. And there's a bonus: You'll continue to enjoy the benefits of your lessons long after the vacation is over.

On the following pages, we describe what it's like to "study" tennis dawn to dusk at a tennis camp and also in a more relaxed instruction program at a resort. But first, here are the answers to some common questions that probably are already popping up in your mind.

Who can play tennis?

Just about anyone in reasonably good physical condition can take part. Proof positive is a singles tournament division in California that's rigidly restricted to players 80 and older. (There are even special instruction techniques and equipment to enable some physically handicapped persons to learn to play.)

If you've been leading a sedentary life, however, you should first have a physical examination, and start an exercise program to limber up and develop breath capacity. If you're overweight, you'll find that you're not the only one on the courts in that shape. But most likely, you can shed many of those unwanted pounds by combining a diet and exercise program with tennis. And don't worry about being clumsy or uncoordinated. Tennis will sharpen your coordination.

At what age can kids learn to play?

That depends on the individual youngster. Tracy Austin, the 16-year-old American tennis prodigy who enchanted the crowd at Wimbleton last summer and then went on to capture the Women's U.S. Open championship, started playing when she was 2½ years old. Granted, her circumstances were unique, but most any preschooler can have fun learning the basics—how to hold a racket and how to hit the ball back over the net. (What's essential to remember with children of any age is that the game is meant to be fun; neither parents nor instructors should spoil that by applying pressure or creating anxiety.)

Most group classes for youngsters enroll kids from about age seven or eight up, though some instructors will make exceptions for precocious younger children who demonstrate exceptional interest and unusual aptitude for the sport. The basic determinant is whether or not the younger child can keep pace with the other members of the class. Short private lessons also are a possibility for the very young tennis enthusiast.

continued

Illustrations: Hellman Design Associates

What about clothes and equipment?

You can spend a lot for tennis fashions, equipment, and related paraphernalia, but it's not necessary. For beginners, such expenditures may even be unwise.

You will need good tennis shoes and cushioning socks, because your feet will see a lot of action. You'll also want a racket with a grip that fits your hand. However, loaner rackets often are available at resort and tennis camp pro shops, or you might borrow from a friend so you can postpone buying a racket until you've tried a few in actual play. Then you'll have discovered the optimum racket design, tension, and flexibility for your particular strength and playing style. Most youngsters use slightly smaller juvenile rackets.

How can you beat the blisters?

Calluses protect the hands of those who play tennis frequently. But if your palms are on the soft side, playing tennis day in and day out can produce bothersome blisters. The remedy? Some players tape up, but a more practical and comfortable solution is a tennis glove.

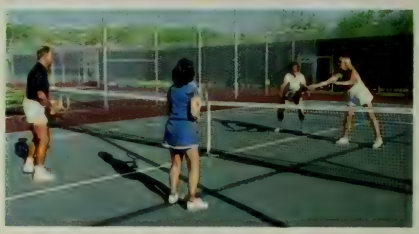
As for duds, classic white or solid-color shorts and knit shirts are comfortable and appropriate. (Cutoff jeans and bare-midriff halters are *not* appropriate.) You'll need a lightweight sweater for warming up and cooling down. As you get into the sport, you'll find out which other items—tennis dresses, warm-up suits, sun visors, sweatbands, equipment bags, etc.—you really want. For now, just remember an expensive racket and exquisite head-to-toe outfit aren't going to make a tennis player out of you. Instruction and practice are what count.

Is a tennis camp or a resort right for your family?

The typical tennis camp is geared to intensive tennis instruction and play—period. It usually offers few diversions from the sport. On the other hand, a resort with a tennis program, or "clinic," also provides numerous resort pastimes to keep guests happily occupied even if they haven't the slightest interest in tennis. You'll find anything from children's day camps to beaching, fishing, boating, golf, riding, fine dining, shopping, entertainment, etc., etc. At a well-chosen resort, you usually can get in as much tennis as you can at a tennis camp, but there's less pressure to do so and fewer hours of instruction.

If your family is unanimously gung-ho about learning to play tennis, a tennis camp well may be your best choice. But a resort with a good instruction program might suit you better if you think one or more family members are less than dedicated to tennis, or if you have young children who need day care.

Some tennis camps are pretty swanky and, of course, so are many resorts. Costs of lodgings, meals, and instruction (the latter prorated on an hourly basis) usually are comparable at resorts and tennis camps with equal degrees of swank.







Photographs: Melody Braden (top), Ozzie Sweet (bottom)

Beginners often regard themselves as awkward and inept. Sometimes, of course, they are, but self-consciousness is short-lived at a tennis resort. To their surprise, novices caught up in learning the "tricks" of tennis don't give a hoot about how they look. They soon recognize that every pro had to be a beginner once, too.

Isn't eight hours of tennis a day too much?

Eight hours, or even four hours for that matter, sounds like a lot of tennis for someone who hasn't played before. But it's not if the program of instruction is well paced. A good program will switch from very active drill, for instance, to a more passive routine like a demonstration, film, or videotape analysis just *before* you are fatigued. Then, when you've had a breather, you'll feel fit enough to resume the more active routine. Effective pacing also eliminates the possibility of getting just plain bored with instruction and enhances the exhilaration that builds as you begin to catch on to the game.

Your muscles will probably be a bit stiff and sore at first, but that feeling quickly disappears with warm-up exercises and a few minutes of play. You *will* be tired at night, but it's a pleasant kind of tiredness that only strenuous physical exercise can produce.

Of course, youngsters' courses are not nearly so demanding. Generally, younger children play for only an hour or two a day. A half-hour a day is plenty for a very young child.

Won't you feel awkward amidst all the experts?

There's no reason to feel uneasy or embarrassed about rubbing shoulders with all the good players at a tennis center. First of all, other beginners will be there, too. But, more important, every player remembers he or she also started at the beginning once. It's a perfectly respectable stage of the game. Besides, you'll be so involved in what you're learning you won't notice much about what other players are doing, and vice versa. As for instructors, they treat beginners as the "darlings of the courts." After all, tennis camps and resorts hope to make the novices so enthusiastic about tennis that they'll come back to improve their game.

continued

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"You have a right to be crummy. eginners always are, and there's no eed to apologize." So says Vic Braen, headmaster of the Vic Braden ennis College, which perches back n the dry hills of California's Trabuco anyon, about 45 miles southeast of os Angeles.

Because of its unique eaching center, the Tennis ollege is widely held to be he best designed tennis amp in existence. The omplex consists of classoom; play, drill, and videoape analysis courts; and 17 hie-shaped, ball-machine-quipped training lanes hat stretch out from an bservation tower.

That might sound like a retty sophisticated setup or a family of beginners. But quick-quipping tennis oach Braden welcomes novices. You'll learn more about tennis in five days at he Tennis College (and have a better time while you're at it) than you ever magined possible. You'll cover all the basic strokes and techniques, see some intriguing films, drill with a parade of instructors, analyze your strokes on videotape, and hit some 7,000 to 9,000 tennis balls. Your days will start with tennis at 9 a.m. and end around 6 or 7 p.m.



Photographs: Melody Braden

What happens when the racket hits the ball is one of the important lessons at Braden's Tennis College. He emphasizes understanding the physical laws that apply and simplifies theories so you don't have to be an M.I.T. grad to understand. The College's 17 ball-machine-equipped teaching lanes help tremendously in grasping the lessons.

First-day routine

On Monday morning, you and your family and anywhere from 75 to 100 other students of varying ages and degrees of skill and experience assemble in the classroom. Vic's witty orientation and initial grip and forehand instruction set the mood for the week. You'll then be divided according to skill into groups of six. (Youngsters also are grouped by ability. Older teens join adult classes.)

Then your beginners' group will troop off to the courts to work on that forehand. An instructor sets up a drill between an enormous double-barreled ball machine and the group members: No one is left idle. After about 45 minutes, your class moves on to the running court where another coach adds some fancy footwork to your new forehand technique. About this time, you'll welcome a break, so it's back into the classroom for stop-action films of pros executing the forehand and explanations of physical laws that apply to tennis.

Refreshed and armed with new insights, you now have your first session on the training lanes, where a ball machine hurls a ball toward your racket every four seconds. Next on the program is a return to the courts for another forehand drill that's videotaped and analyzed. A two-hour break for lunch gives you time for a quick swim, if you wish—and well you might.

In the afternoon session that starts about 2 o'clock, the backhand is added to your repertoire. You'll also drill on approach and the forehand and backhand volley. During the afternoon, you'll rotate between training lanes, videotape court, running court, and classroom. Vic wraps up the day with a strategy session. If you're exceptionally hardy, you might postpone dinner to get in some late play or extra drill, but you're likelier to opt for a soak in a hot whirlpool tub.

The morning after

You'll probably wake with some rather stiff and sore muscles, but you'll be surprised at how effectively warm-up exercises and your first drill eradicate those afflictions. New challenges today—how to serve and return service—will be combined with further drill on the forehand and backhand, approach, and volley.

On Wednesday, you'll add the overhead, lob, and the half volley. By this time, you'll be seeing some big improvement. And those who've chosen a three-day course will be packing their bags. If you signed up for the five-day course, you'll continue with drills and supervised singles and doubles play the next two days.

The Tennis College operates year-round, and Braden is on the scene about 90 percent of the time. His personality contributes a lot to your pleasure, but his staff is well trained and instruction goes on smoothly in his absence.

Cost for a two-day (Saturday-Sunday) course is $125 per person; for three days (Monday-Wednesday), $200 per person; for five days (Monday-Friday), $300 per person, exclusive of lodging and meals.

Villa lodging

Though the Tennis College is encircled by the 5,000-acre "country resort" community of Coto de Caza, the latter is separately run. Tennis College students stay at Coto de Caza guest villas and use all the dining and sports facilities. Pickup service is provided from the Los Angeles and Orange County Airports. There's no need for a car at Coto de Caza.

Attached villa units accommodate up to six persons at prices from $41 a day for a room for two to $65 for a full villa with kitchen for a family.

For further information, write: The Vic Braden Tennis College, 22000 Plano Trabuco Canyon Road, Trabuco Canyon, California 92678. Or call 714/581-2990.

continued

TENNIS AND THEN SOME

"I'm Jackie, from Michigan, and I don't even know how to hold the club." That's the way a somewhat nervous Jackie Morgan, heretofore a golfer, introduced herself in the first session of a five-day Rod Laver tennis clinic at Palmetto Dunes, a lush family resort along the ocean shore of Hilton Head Island, South Carolina.

Jackie, quite obviously, had never had a tennis lesson. Her husband, Kent, hadn't either, but he had played long enough to rack up his share of bad tennis habits. The Morgans had decided that this was the year to learn to play properly. When they made their reservations with the Rod Laver Tennis Center, we arranged to follow and photograph the family to see just how a couple with young children (Tom, ten, and daughter Kelli, five) would fare on a learn-to-play-tennis vacation.

Jackie and Kent had class each day from 10 a.m. to noon and "supervised drill" from 2 p.m. to 4 p.m. Since their rental villa was fairly close to the courts—and other vacationing children instantly welcomed Tom and Kelli to their society—the Morgans didn't have to worry about child care. However, the kids also wanted to take tennis lessons. Tom was enrolled in a class for youngsters that met for an hour on three afternoons. Kelli got some private lessons covering the basics.







Photographs: Ozzie Sweet

First-day lessons proved to the Morgan family that they'd made the right decision in choosing a learn-to-play-tennis vacation. Tom and Kelli (top left) *proudly showed off their new skills. Kent* (top right), *with instructor Tom Hawkins' help, made progress on his backhand. Jackie* (above) *worked on her forehand stroke in a beginners' class drill.*

First-class action

Promptly at 10 a.m. on Monday, the two dozen or so tennis students gathered at the teaching courts for their class assignments and first lesson. The Laver-trained instruction team at Palmetto Dunes is headed by Tom Hawkins. He quickly put the diverse group at ease with a brief talk about what could be expected ("You'll hit some 5,000 balls this week"), and then moved right into demonstrating the way to a perfect forehand. (Rod Laver, the Australian player who earned world-champion status many times in years past, actively directs the year-round tennis operation and sometimes plays exhibition matches, but does not teach classes.)

After hitting five or six balls to each student, Hawkins and his fellow instructors made up four- to six-person classes ranging from novice to advanced intermediate. Jackie was placed in one of two classes for beginners, and Kent in a more advanced group. Each group started off with a forehand lesson.

The game's the same

The basics of tennis are pretty much universal. At Palmetto Dunes, Jackie and Kent learned all the same shots and strokes as students at the Braden Tennis College and other tennis instruction facilities. However, instruction theory and technique aren't so neatly parallel. For instance, the Laver clinic stresses fine-tuning, easy body movement, and improvisation. There is no "classroom" other than the courts, and instructors move along quickly from demonstration and drill to at least *quasi*-play situations. Instructions—rapid-fire and constant—stress the physical side of tennis.

As Jackie and Kent went through their tennis paces, the instructors' patter sounded like this: "Why did that ball go out? You rolled your wrist, OK? Now, stroke from the shoulder. Good. Right. Work those feet. Use your knees as shock absorbers. Good. Step. Watch those shoulders on that backhand. Racket back, get it back. Hustle, step. Keep the ball in play, don't worry about hitting it hard. Point your toe at a 45-degree angle. Move into the ball. Follow through. Terrific! That's it!"

Ball machines are used on Tuesday afternoon and on Thursday, when each player's strokes are videotaped. Instructors work on game plans with each individual on Friday.

Afternoon supervised drill sessions simulate play and simultaneously develop drills students can practice at home. When class breaks up at 4 p.m., students can continue playing on their own if they wish—when courts are available.

The youngsters' class, in which Tom was enrolled, covered pretty much the same basic ground. But since the class was shorter, the kids' drilling was much less intense.

How did our family fare?

By week's end, Kent and Tom had made great progress, and Kelli had decided she wanted her own tennis racquet for her birthday. Midweek, in a spectacular stretch to return a high serve, Jackie pulled a leg muscle that kept her pretty much sidelined for the remaining days. However, she philosophically conceded that the mishap probably could have been prevented by some preconditioning exercises, and she vowed to continue her game at home. In three days, she had made terrific progress.

What does it all cost?

The five-day Laver tennis clinic costs $170 for each adult. For each child in the youngsters' one-hour,

continued

"Grandma would've loved Mellow Roast®. They know her country-born secret for great coffee taste without bitterness."



"Finding my Grandmother's old coffee grinder brought back memories of her delicious coffee. She knew the country-born secret for delicious full-flavored coffee taste. Add grain to smooth away bitterness.

"But her secret isn't a secret anymore. Now Mellow Roast® Coffee and Grain Beverage knows her secret. Only Mellow Roast is a blend of rich, robust coffees and roasted grain that smooths away bitterness for a delicious, full-flavored coffee taste.

"Grandma would have loved Mellow Roast."

Mellow Roast®...
Great coffee taste without bitterness.



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GF
GENERAL FOODS



Top comfort. Firm, deep support. You get both from every Serta Perfect Sleeper!

Serta's Perfect Sleeper is designed to give you everything you want and need in a mattress and foundation for a great night's sleep: Top comfort and deep support. That's firmness that feels good.

Top comfort comes from plush layers of Sertafoam® and carefully selected upholstery covered with beautiful puff-quilted fabrics.

Inside is Serta's famous Perfect Sleeper construction. Exclusive [illegible]® bands, TwinEdge® design and Synchroflex® coils are uniquely designed to work together to give you firm, deep support.

The patented SertaLock® Foundation is the perfect complement to the Perfect Sleeper mattress. It insures your investment for maximum comfort and support night after night, for many years to come.

Top comfort. Firm, deep support. You get both from every Serta Perfect Sleeper. Be a perfect sleeper. Buy a Perfect Sleeper.®

Serta®

Perfect Sleeper®

Firmness that feels good.™

SLEEP BETTER LIVE BETTER

RESORT DIVERSIONS

three-day course, the price is $24. Private instruction for a youngster like Kelli is $14 per half hour.

Guests at Palmetto Dunes can stay in the beach-front high-rise Hyatt Hotel or in one- to four-bedroom, kitchen-and-laundry-equipped villas. Villa prices range from $60 a day or $300 a week to $125 a day or $625 a week March through October, and about 35 percent less November through February. A family can buy groceries on the premises, or dine at the Hotel dining room or at the lower keyed Alexander's restaurant. Excellent restaurants are scattered over the Island.

During summer, there's a supervised children's day camp ($8 a day for the family's first child aged four to 14 years, and $7 for the second).

Resort diversions

Granted, the Morgans didn't get in as much tennis at the resort as they would have at a tennis camp, but their choice was eminently practical. Young children, like Tom and Kelli, need variety on a vacation, and Palmetto Dunes, like many other resorts, offers family recreation aplenty. Golf, for example, is another prime Palmetto Dunes attraction.



Photographs: Ozzie Sweet

There's much more to a tennis vacation than tennis. The Morgans often romped on the beach and visited the marina and shops at Sea Pines Resort. They also biked, boated, picnicked, and spent happy hours perfecting crab-catching techniques.

But if you're visiting with youngsters, you'll probably be more inclined to frolic on the splendid beach; rent bicycles to tootle around lightly trafficked, live-oak-canopied roadways; rent canoes or paddleboats to traverse an intricate canal system; drop a line for fish; or, more intriguing, lure crabs into custody. The rest of the Island also awaits exploration. You're sure to enjoy shopping, dining, visiting historical and nautical sites, and strolling the charming village square *cum* opulent marina at neighboring Sea Pines Resort.

Van service is available between Palmetto Dunes and the Savannah Airport. You won't need a car within the resort, but for touring you might choose to rent one either at the Airport or on the Island.

For more information, write Rod Laver Tennis, Palmetto Dunes Resort, P.O. Box 4798, Hilton Head Island, South Carolina 29928. Or call 803/785-1194.

PICKING THE RIGHT PLACE

Once you've determined just how tennis-intensive you want your vacation to be, there are a few basics you should consider:

- **What's the ratio of instructors to students?** To work out student drills yet keep each player active and give individual attention, the optimum ratio is one instructor to four, five, or six students. If your instructor is responsible for a larger number of students, you're likely to find yourself twiddling your thumbs on the sidelines—all the while paying for the privilege.
- **Are courts available for optional practice after instruction periods?**

If you're not taking an all-day program of instruction, chances are you'll want to put in some extra time on the courts practicing the lessons of the day. If getting a court will be a problem, or if you'll have to pay extra fees for unsupervised court time, you should know in advance. Courts lighted for night play are an added attraction if you're a player with enthusiasm and energy to burn.

- **Are there ball machines and videotape analysis?** Seeing yourself in actual play for a few minutes can do more to correct a faulty stroke or body position than two hours of talking about the problem. You'll need lots of practice in hitting the ball, and ball machines help here.
- **How many hours a day will you spend with an instructor—two, four, or six?** If instruction is limited and you're on your own most of the time, you'll soon realize that you can do as well at home—for free.



Photograph: Ozzie Sweet

Small children do best in a relaxed atmosphere, "getting acquainted" with tennis at their own pace.

Family tennis camps and resorts

Practically every resort has tennis courts these days. And usually, there is an instructor (or two) to give one- or two-hour private or group lessons on request. There also are tennis camps that specialize in teaching youngsters during the week and offer adult "clinics" on weekends. And other places specialize in teaching adults but offer junior camps a couple of times during summer. However, none of these quite fill the bill when it comes to a serious learn-to-play-tennis *family* vacation.

To ferret out family-oriented possibilities, we undertook a coast-to-coast survey. We were seeking camps and resorts that offer *at least* three hours a day of ongoing, structured classes for adults and also classes for youngsters. Our findings are listed below. While the listing is not comprehensive, it will give you a head start on picking the right spot for your vacation.

Some of the resorts and camps named are swankier than others, and are priced accordingly, but all meet the criteria we set. For details, write or call the vacation spots that interest you most (and mention *BH&G* in your

continued

FAMILY TENNIS CAMPS AND RESORTS

request for an especially speedy reply). Toll-free (800) telephone numbers also are indicated.

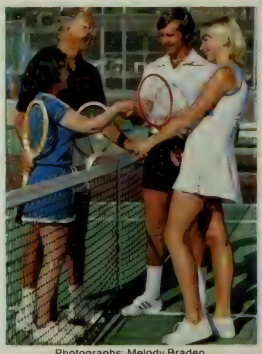
Year-round resorts

- **Sea Pines Resort at Hilton Head** (children's courses May-September only, special "Tiny Tots" course), Hilton Head Island, S.C. 29928. Phone 803/785-3333; 800/845-6131.
- **Pinehurst Tennis Club,** Box 4000, Pinehurst, N.C. 28374. Phone 919/295-5740.
- **Amelia Island Plantation,** Amelia Island, Fla. 32034. Phone 904/261-6161; 800/874-6878.
- **Sandestin,** US-98E, Destin, Fla. 32541. 904/837-2121; 800/874-2184.
- **Greenlefe Golf & Tennis Resort,** Box 143, Cypress Gardens, Fla. 33880. Phone 813/422-7511; 800/228-9822.
- **Boca West Resort and Club,** 7763 West Glades Rd., Boca Raton, Fla. 33434. 305/368-9200; 800/327-0137.
- **Sandpiper Bay Resort** (John Gardiner Tennis Clinics), Morningside Blvd., Port St. Lucie, Fla. 33452. Phone 305/334-4400.
- **Olympia Resort Hotel,** 1350 Royale Mile Rd., Oconomowoc, Wis. 53066. 414/567-0311; 800/558-9573.
- **Sands Hotel** (former U.S. Davis Cup Captain, George MacCall, is tennis director), 3355 Las Vegas Blvd. South, Las Vegas, Nev. 89109. Phone 702/733-5000; 800/634-6901.
- **Rancho Bernardo Inn,** 17550 Bernardo Oaks Dr., San Diego, Calif. 92128. Phone 714/487-1611.
- **Sheraton-Town House** (Peter Burwash International Tennis, includes "Tennis for Tots"), 2961 Wilshire Blvd., Los Angeles, Calif. 90010. Phone 213/382-7171.
- **Shadow Mountain Resort and Racquet Club,** 73-850 Fairway Dr., Palm Desert, Calif. 92260. Phone 714/346-6123, collect.
- **Hyatt Kuilima Resort Hotel** (Peter Burwash International Tennis, includes "Tennis for Tots"), write L. Baker, Kahuku, Oahu, Hawaii 96731. 808/293-8811; 800/228-9000.

Resorts with seasonal tennis schools

- **Sugarbush Inn** (John Gardiner Tennis Clinics), Warren, Vt. 05674. 802/583-2301. (May 31-Sept. 30.)
- **Stratton Mountain Ski and Summer Resort,** Stratton Mountain, Vt. 05115. Phone 802/297-2200; 800/451-4261. (May 30-Sept. 14.)
- **Killington School for Tennis,** Killington Ski Area, Killington, Vt. 05751. Phone 802/422-3333. (May 30-Oct. 12 —except week of June 9-13—this year.)
- **The Summit Lodge,** Killington Rd., Killington, Vt. 05751. Phone 802/422-3535. (May-Oct.)
- **Concord Hotel,** Kiamesha Lake, N.Y. 12751. Phone 914/794-4000; 212/244-3500. (Tennis school: July and Aug., plus "Learn-to" Tennis sports package year-round.)
- **The Ponte Vedra Club,** Ponte Vedra Beach, Fla. 32082. Phone 904/285-6911. (June to Aug. 30.)
- **Sapphire Valley Resort,** Star Route 70, Box 80, Sapphire, N.C. 28774. Phone 704/743-3441. (April 12-Oct. 31.)
- **High Hampton Inn & Country Club,** Cashiers, N.C. 28717. Phone 704/743-2411. (April 15-Nov. 1.)
- **Grand View Lodge & Tennis Club,** Rt. 6, Box 22, Brainerd, Minn. 56401. Oct.-May, 612/332-1667; May-Oct., 218/963-2234. (June-Sept.)
- **Lodge of the Four Seasons,** Lake Ozark, Mo. 65049. Phone 314/365-3001. (March-Nov.)
- **Wickenburg Inn Tennis & Guest Ranch,** Box P, Wickenberg, Ariz. 85358. Phone 602/684-7811; 800/528-4227. (Sept. 1-May 30)
- **Sun Valley,** Sun Valley, Idaho 83353. Phone 208/622-4111; 800/635-8261. (May-October 31.)
- **Elkhorn at Sun Valley,** Box 1067, Sun Valley, Idaho 83353. Phone 208/622-4511; 800/635-9356. (June-Sept.)





Photographs: Melody Braden

The bonus of a learn-to-play-tennis vacation? Together as a family, or with friends, you and your youngsters learn a game you'll enjoy for the rest of your lives. You may even take future tennis vacations to improve.

Year-round camps

- **Mt. Auburn Traveling Tennis Camp** (lodging at nearby hotels), 57 Coolidge Ave., Watertown, Mass. 02172. Phone 617/923-2255.
- **John Newcombe's Vacation Resort,** Box 2527, Orlando, Fla. 32082. Phone 904/394-6171; 800/874-9064.
- **Newks Tennis Ranch,** Box 469, New Braunfels, Tex. 78130. Phone 512/625-9105; 800/292-7080.
- **El Dorado Tennis Club** (lodging at Smugglers Inn Motor Hotel), 6601 East Speedway, Tucson, Ariz. 85702. Phone 602/886-5433.
- **San Vincente Tennis Ranch,** 25385 Pappas Rd., Ramona, Calif. 92065. Phone 714/789-3500; 800/542-6108 from Southern Calif. only.
- **Rio Bravo Tennis Club,** 11200 Lake Ming Road, Star Route 4, Box 501, Bakersfield, Calif. 93306. Phone 805/366-3251.

Seasonal camps

- **Davidson College Tennis Camps** (dormitory lodging), Davidson College, Davidson, N.C. 28036. Phone 704/892-2000. (June and early July.)
- **Ramey Tennis Schools** (courses principally for adults and teens at a number of Midwestern colleges with dormitory lodging), Route #6, Owensboro, Kentucky 42301. Phone 502/771-4723; 502/771-5590.
- **Tennis and Life Camps** (dorm lodgings), Gustavus Adolphus College, St. Peter, Minn. 56082. Phone 507/931-1614. (June 10-Aug. 10.)
- **Aspen Tennis Ranch,** Box 4708, Aspen, Colo. 81611. Phone 303/925-5050. (June 8-Sept. 30.)
- **Oregon Tennis School,** Mt. Bachelor Village, Century Dr., Bend, Ore. 97701. Sept. 20-May 2, 503/344-5897; May-Sept. 503/389-0270. (June-Sept.)

Newest Research Results: MERIT favored 3 to 1 over high tar brands in tests comparing taste and tar level.

Merit Topples High Tars!

Smokers find the taste of low tar MERIT matches that of high tar cigarettes.

New taste tests with thousands of mokers prove it.

Proof: A significant majority of mokers rate MERIT taste as good s—or better than—leading high tar rands. Even cigarettes having twice ne tar!

Proof: Of the 95% stating a prefer- nce, 3 out of 4 smokers chose the IERIT low tar/good taste combina- on over high tar leaders when tar vels were revealed.

MERIT smokers rate low tar ERIT satisfying taste alternative to high tar brands.

New national smoker study results prove it.

Proof: The overwhelming majority of MERIT smokers polled feel they didn't sacrifice taste in switching from high tar cigarettes.

Proof: 96% of MERIT smokers don't miss former high tar brands.



Proof: 9 out of 10 enjoy smoking *as much* since switching to MERIT, are *glad* they switched, and report MERIT is the best tasting low tar they've *ever* tried.

You've read the results. The conclusion is clearer than ever: MERIT delivers a winning combination of taste and low tar.

A combination that's attracting more and more smokers every day and—more importantly—satisfying them *long term.*

MERIT
Kings & 100's

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1980

Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

KITCHEN REMODELING: TWO WAYS TO GO

Page 47 (right): Cabinets—Domino, House of Denmark, 1919 Piedmont Road N.E., Atlanta, Ga. 30324. Counter tops—Corian by DuPont Co., Wilmington, Del. 19898. Ceiling fan—Georgia Lighting Co., 530 Fourteenth Street, Atlanta, Ga. 30318. Sink—Kohler Co., Kohler, Wis. 53044. Range—Jenn-Air Corp., 3035 Shadeland, Indianapolis, Ind. 46226. Dishwasher—KitchenAid, Division of The Hobart Mfg. Co., Troy, O. 45373. Refrigerator—General Electric Co., Appliance Park, Louisville, Ky. 40225.

Page 48 (bottom): Dishwasher—KitchenAid, Division of The Hobart Mfg. Co., Troy, O. 45373.

Page 49: Refrigerator—Westinghouse Electric Corp., 300 Phillippi Road, Columbus, O. 43228. Cooktop—Modern Maid Inc., Chattanooga, Tenn. 37401. Double ovens—Frigidaire, 3555 South Kettering Boulevard, P.O. Box WC 4900, Dayton, O. 45449. Microwave oven—Litton Microwave Cooking, 1405 Xenium Lane No., Minneapolis, Minn. 55440.

SHOESTRING DECORATING

Page 126: Bench—Hickory Mfg. Co., P.O. Box 998, Hickory, N.C. 28601. Lamp—Donald Hansen, 1175 2nd Ave., N.Y., N.Y. 10021. Patchwork pillows—Wild Goose Chase Quilt Gallery of Evanston, 526 Dempster, Evanston, Ill. 60202.

Page 127: Wicker chairs—Design Institute of America, 815 Park Ave., N.Y., N.Y. 10021. Lamp on table—Tyndale, Inc., 41 Madison Ave., N.Y., N.Y. 10010. Floor lamp—Koch & Lowy, Inc., 21-24 39th Ave., Long Island City, N.Y. 11101. Blinds—Bali Blinds from Marathon Carey-McFall Co., Loyal Sox Ave., Montoursville, Pa. 17754.

Page 128: Sheets—Martex, Div. of WestPoint Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10020. Quilt—Wild Goose Quilt Gallery of Evanston, Ill. (address above). Wicker chair—Design Institute of America (address above). Lamp—Donald Hansen Lamps (address above).

Page 129: Cane-and-chrome chairs—Gibson International, Sp. 1752 Merchandise Mart, Chicago, Ill. 60654. Dishes—Arabia of Finland, 225 Fifth Ave., N.Y., N.Y. 10001.

Page 130: Red lamp—Luxo Lamp Corp., Purdy Ave., Port Chester, N.Y. 10573. Carpet—Lees Carpet, Div. of Burlington Ind., Inc., Valley Forge Corporate Center, King of Prussia, Pa. 19406. White cubes—Ingrid Ltd., 5547 N. Ravenswood, Chicago, Ill. 60640. Colored plastic containers on shelves—Beylerian Ltd., 305 E. 65th St., N.Y., N.Y. 10021.

Page 131: Sheets—Marimekko, 555 Madison Ave., N.Y., N.Y. 10022. White cubes—Ingrid Ltd. (address above). Bedside lamp—Luxo Lamp Corp. (address above).

SMART COOKING FOR SMALL FAMILIES

Page 136 (front): Oval platter—Ingrid Ltd., 5547 N. Ravenswood, Chicago, Ill. 60640. (Back): Oblong rectangular platter—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873.

Page 137 (back): Round pot—Finel Waertsilae U.S.A. Inc., 225 Fifth Ave., N.Y., N.Y. 10010. (Center): Individual casseroles—Corning Glass Works, Corning, N.Y. 14830. (Front): Big platter "Primary"—Noritake Company Inc., Cincinnati, O. 45215.

Page 138 (front): Spoon and fork—Ingrid Ltd. (address above). (Center): Square plate—Corning (address above). (Back): Grinder—Copco Inc., 230 Fifth Ave., N.Y., N.Y. 10001. (Front): Trivet—Corning (address above).

Page 139 (top): Oblong platter—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021. (Bottom): Bowls—Finel Waertsilae U.S.A. Inc. (address above).

SHORTCUT BREADS

Page 140 (back): Basket "Woodline"—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021.

Page 142 (back): Wooden board—Kosta Boda USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. (Front): Glass trivet—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610.

PRIZE TESTED RECIPES

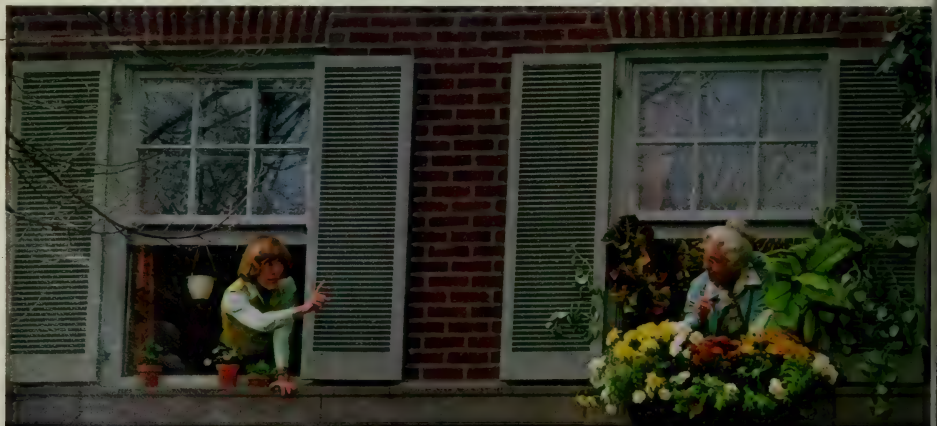
Page 159 (left): Rectangular dish and cup—Bennington Pottery, 324 County St., Bennington, Vt. 05201. Fork "white"—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 5th Ave., N.Y., N.Y. 10010. (Right): Octagonal platter "New Stone"—Spode, Inc., 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Serving spoon "Ribbon Edge"—Gorham Stainless, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907.

Page 160 (left): Pie plate and basket "Oven Mates"—Quon-Quon, 2801 E. 12th St., Los Angeles, Calif. 90023. Pie server—Reed and Barton Silversmiths, 144 W. Britannia St., Taunton, Mass. 02780. (Center left): Glass baking dish—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, O. 43130. (Center right): Beige stoneware platter—Fabrik, Inc., 3241 Eastlake Ave., East Seattle, Wash. 98102. Knife and fork servers—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. (Right): Ladle—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401.

FANCIED-UP WINTER VEGETABLES

Page 176: Vegetable bowl—Metlox Potteries, 1200 Morningside Dr., Box 8, Manhattan Beach, Calif. 90266. Tall salt and pepper set—The Mort N. Marton Corp., 366 Coral Circle, El Segundo, Calif. 90245.

Page 177 (left): Glass plate—Kosta Boda USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010.



"Could I borrow a Jobe's?"

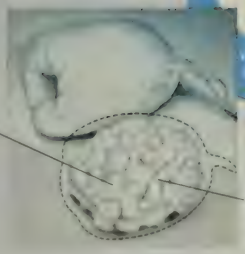
When you feed your plants Jobe's Spikes, it shows. Houseplant Spikes, with a nitrogen-rich blend of nutrients, actually develop dense, leafy growth. Flowerpot Spikes, with a special formula high in Phosphorous, bring out large, abundant blooms. Both spikes are designed to go to work right down in the root system. And once you push them in, they continue to feed your plants at a safe, natural pace over a number of weeks. Jobe's Spikes, the easiest, most effective way to give your plants (and your neighbors) exactly what they need.





Jobe's. The easiest way to grow on earth.

If you've ever had a tampon accident,



Expandable sponges to fit best. And absorb fast. Rely's sponges expand to fit and absorb almost instantly. So you're protected from the start.



Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

you're ready for Rely's double-absorbing action.

Once your tampon fails you, there's little you can do. Till next time. So next time, try Rely.®

You can practically forget about staining and accidents. Because only Rely has double-absorbing action. One: incredibly absorbent sponges that expand to fit best. Two: super-absorbent fibers that draw the flow from the sponges and hold it.

Double-absorbing action: It provides superior protection against by-pass.



Unlike other tampons made of cotton and rayon, Rely is filled with light expandable sponges and super-absorbent fibers.

As soon as you insert Rely, your body moisture makes the sponges expand till Rely billows out to fit you softly, virtually wall to wall so there's less chance for tampon by-pass.

And Rely continues to fit, no matter how much you exercise, because it bends and flexes with you.

Only sponges absorb like sponges. And Rely's absorb almost instantly. But that's only half of double-absorbing action. It's the fibers that keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape, while the sponges absorb even more.

Absorbency as well as comfort.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assured, even women with unusually heavy flow have found security in Rely Super, without an accident.



As for comfort, well, a soft little pillow of a tampon with a silky outer covering has got to be comfortable. And its smooth plastic inserter has a tapered tip to glide Rely in easily. Without a pinch.

So if you've had accidents with other tampons, you're ready for the difference Rely can make. It's the only tampon with double-absorbing action.

Rely.
It even absorbs the worry.

York University LJ405

Pfantastic Pfaltzgraff.

Yorktowne. Our decorations still go on by hand. With natural mineral blue that's five times more expensive than ordinary blues.

Pfaltzgraff's classic Yorktowne pattern. We began making it before many of today's stoneware companies were even in existence.

We still make Yorktowne in much the same way. An old-fashioned way. Using more warm, skilled hands than cold, fast machines. Carefully blending our own special clays and glazes.

At Pfaltzgraff we don't make dozens of new patterns this year. Then forget about them next year. That's why we make Yorktowne as if we expect it to last forever.



PFALTZGRAFF

POTTERS IN AMERICA SINCE 1811



Save up to 20% on Yorktowne.

Pfaltzgraff's Yorktowne Stoneware. Chip resistant, safe in microwave or conventional ovens, impervious to dishwashers.

And now you can save up to 20% on selected items.



Item	Suggested Regular Price	Suggested Special Price
Dinnerware Set, 20 pc.	$42.50	$32.00
Quiche, 9"	9.50	7.50
Rectangular Baker	13.00	10.50
Mixing Bowl Set, 3 pc.	18.00	14.50
Canister Set, 4 pc.	42.50	34.00
Wine Goblet, 8 oz., Water Goblet, 10 oz., and Cooler, 15½ oz.	3.00	2.40
Tumbler, 12½ oz. and Rocks/Juice, 9½ oz.	2.25	1.80
Rectangular Trivet	9.50	7.50
Napkin Holder	13.50	10.75
Warmer	14.00	11.25
Tinsmith Mug	7.25	5.75

*Prices may vary. Slightly higher in Alaska, Canada and Hawaii.

Limited quantities at the fine stores listed below.

ARIZONA

Casa Grande
Gifts Unlimited
836-2530

Flagstaff
Banana Imports
779-2610
The Crystal Palace
774-8648

Mesa
Sanborn Gifts
969-2511

Phoenix
Butterfield Station—
All Locations
997-6426
Evroy's Hallmark Shop
957-4485
Roleys—All Stores
279-4008

Pinetop
The Happy House
336-4399

Prescott
Originalities
445-3800

Scottsdale
China Fair
949-5244

Snowflake
Loree's Hallmark Shop
536-7016

Tucson
Levy's
882-3552
Open Studio
748-0334
Spring's Hardware
623-4311

Yuma
Negleman's
Wishing Well
782-4103
The Woodshed Interiors
726-5260

CALIFORNIA

Atascadero
Charlotte's Web
466-5181

Bakersfield
Accessories Plus
325-4530
Brock's Department
Stores
327-1731
Valley Hallmark
833-0141
Village Hallmark Shoppe
323-1121

Merced
Nice Things
722-3712

Modesto
Nice Things
524-6621

San Luis Obispo
Forden's
543-1090

Santa Maria
Bryant and Trott
Hardware
925-2721
Holser's
925-8851

Santa Rosa
Coopers Gift Shop
546-9427

Tracy
Scofields
835-2202

Visalia
Wix 'N Wax 'N Mor
732-9994

Walnut Creek
Betty's
933-8181

NEVADA

Carson City
Corona's Department
Store 882-1400
Corona's Stationery
& Gifts
882-0201

Henderson
J & K Pharmacy
564-5224

Incline Village
Incline Gifts
831-1086

Las Vegas
Valley Hallmark
734-6617

Reno
Valley Hallmark

UTAH

Cedar City
Hunter-Cowan
586-6549

Kaysville
Stewart's Gift Shop
376-2716

Logan
Gift Creations
753-4711

Ogden
Gift Creations
393-1371
Rainbow Gardens
Gift Shop
621-1606

Payson
The Dowry

Price
Oliveto Furniture
& Appliance
637-1927

Salt Lake City
Castleton's—All Stores
972-8441
ZCMI—All Stores
321-6179

PFALTZGRAFF

York, Pennsylvania 17405

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The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

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DECORATING

Lampshade spruce-ups

When your favorite table lamp starts showing its age, chances are only the shade is worn. Finding a new one that's exactly the same shape and size is often difficult, so why not face-lift the old cracked or damaged shade yourself? All it takes is a little time and some fabric or wallpaper—or even twine.

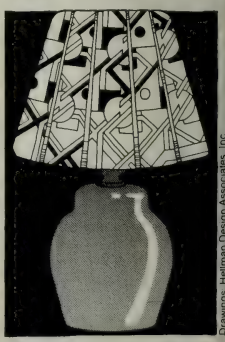
Right: To accent an Early American or casual country room, you can make your own patchwork design. Cut geometric pieces of fabric and glue them in place with fabric glue. You might use a band of strong pattern, as we did, for the center motif, and then fill in the top and bottom with other fabrics in complementary colors. A combination of calico and gingham would also look great, as would mixtures of burlap and linen.





Left: Here's an easy and inexpensive way to adapt an old lampshade to the new natural look in decorating. Simply wrap the dingy old shade with yarn or natural-colored wrapping twine. When you come to the end of a strand, simply tie the loose ends, or glue them to the inside of the shade. If the natural look doesn't suit your style, consider wrapping alternating stripes of colored yarn for an eye-catching, gala effect.

Right: For a bolder effect, you can deck an old lampshade in a contemporary design. Cut wedge-shaped pieces from a sheet of adhesive-backed vinyl in a pattern to suit your room scheme, then peel off the backing and stick the pieces to the shade. Leaving space between the wedges for the light to filter through will make your design more interesting. To maximize the effect, you can cover a wall with the same paper.



Drawings: Hellman Design Associates, Inc



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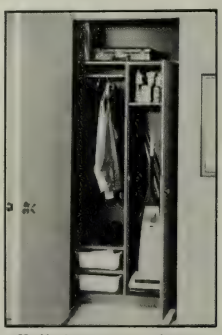
Closet stretchers



Photographs: Mike Dieter. Designer: David Ashe

His and hers closet—Even a large closet can fall short when it's shared. To make this closet function more efficiently, we dismantled a wall-to-wall closet pole and divided the closet into three smaller units. Shirts and short garments neatly hang on two short rods, separated from longer garments by the center drawered unit.

The 18x24x48-inch drawer unit offers roomy storage yet is low enough to accommodate a built-in shelf for grooming supplies, a large mirror, and a top light. We installed several low shelves just for shoes and a high shelf for additional storage. Bifold doors provide easy access.



Full-time guest closet—Here's how to make that seldom-used guest-room closet work full time. Our closet within a closet is a simple structure designed to accommodate everything from brooms and boots to baggage.

Since guests rarely need the entire closet, an 18-inch piece of one-inch pipe on flanges makes an adequate closet pole for the guest's wardrobe. Shelves below hold shoes, while plastic dishpans serve as informal storage drawers for a miscellany of personal items.

We've used the space behind the door for storing brooms, the vacuum sweeper, and cleaning supplies.



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CRAFTS

Joining needlepoint canvas

If you've needlepointed your share of pillows and chair covers, you're probably ready for a bigger project. And whatever it is, it will probably require piecing. Here are a few tips.

Joining two pieces of canvas

When you're making a rug or wall hanging, the joining method you choose depends on your canvas type. For mono-canvas stitch the pieces together as you would a seam, matching mesh for mesh. First, needlepoint the pieces, leaving the usual two-inch border. Using carpet thread, backstitch the pieces together, right sides facing, through the last row of stitches. Lay the seam open and blind-stitch the excess canvas to the backs of nearby stitches.

For penelope canvas, place the right sides of needlepointed pieces together. Backstitch a seam between the two threads of the set of meshes next to your completed needlepoint. This creates a new set of meshes which you cover with stitches. Leave one row of the pattern unworked on one of the pieces.

Joining four pieces of canvas

To join four pieces of penelope canvas, leave four meshes unworked on either side of the join. Apply liquid latex to each cut edge to prevent raveling. Join two of the four pieces by overlapping three meshes with a single mesh on each side of the overlap. Needlepoint through both thicknesses. Work to within three meshes of the next side, and join the other two pieces in the same way. Place one joined pair over the three meshes of the other pair and stitch.

To join any four pieces of mono-canvas, first whipstitch the pieces together with carpet thread (use the first empty mesh next to your stitches). This step will create an extra canvas mesh. Make a tight cross-stitch over the spot where the pieces meet. Then, using the half cross-stitch, cover this line of seam mesh.


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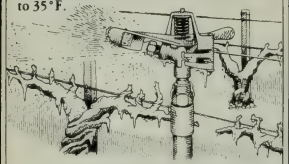


Spring Frost Protection

The most beautiful time of year in the Sonoma Valley is the spring, and with it comes the awakening of the vineyard – and the many concerns of the vintner.

Cultivation of the vineyard is begun immediately to loosen and aerate the rain packed soil and to turn under the wild, winter growth.

The greatest concern of the spring season, however, is the everpresent threat of a killing frost. If the budding grape vines are frost-burned, only a partial crop may develop or even no crop at all. My Dad calls this "the season of long days and short nights," because we are constantly alert for the frost alarm that gets us out of bed fast when the temperature dips to 35°F.



Overhead sprinkler systems are then turned on. Newly forming shoots which will eventually become grapes and leaves are showered with a fine mist that continually forms ice around the tender shoots as the temperature drops below 32°F. Water gives off heat when it freezes and the temperature of the shoots remains at 32°F as long as the misting continues. This protects the shoots from frost damage which would occur at 28°F and below.



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DECORATING

Small-space family rooms

What a den or family room lacks in size, it can easily compensate for in warmth, charm, and good looks. These two small live-in spaces do just that.



Photograph: Maris/Semel. Design: Judith Ross, Trade Winds, Inc. Field editor: Estelle Bond Guralnick

Three generous windows brighten this family den, bringing out the warmth of old-fashioned pine paneling and beautiful hardwood floors. Leopard-print Roman shades at the windows perk up the small space with color and pattern. The shades also control daytime light and nighttime privacy. Matching toss pillows help pull the scheme together.



Photograph: Harry Hartman. Field editor: Ruth L. Grenci

A mellow brick fireplace, handsome wood trim and ceiling beams, and a collection of authentic Early American accessories give this family den the charm of a colonial "keeping room." To highlight the architecture, walls were stripped of unsightly dark paneling and painted a soft eggshell white. Windows were installed on either side of the fireplace to replace built-in bookcases. This change visually increases space, as well as allowing natural sunlight to flood the room. The windows, dressed in a simple single-swag treatment, "frame" the fireplace and make it the focal point of the room.

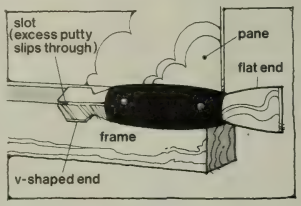

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How to re-putty your windows

To most homeowners, re-puttying windows is about as much fun as scraping off old house paint. Fortunately, putty work is a lot easier than it used to be, thanks to two products:

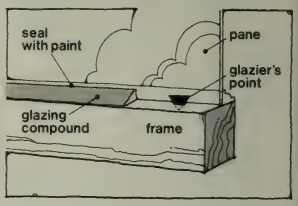
(1) *Acrylic latex glazing compound* goes on like heavy cream, dries in 30 minutes, and can be painted the same day. It's a big help to the weekend do-it-yourselfer in a hurry. Unlike oil-base compound, latex doesn't have to be heated by rolling and kneading it with your hands. And if the day is drizzly, you don't have to postpone the job. Like latex paint, the compound can be used on damp surfaces. Smears on the glass and tools can be wiped clean with a damp cloth.

(2) *A new glazing tool* (from Red Devil) enables even the beginner to get professional-looking results. One end of the tool has a slotted V-shape. You hold it against the sash corner and the glass, press down, and draw it firmly across the compound (see sketch). Excess putty is squeezed out through the slot, and you get a uniform wedge of compound. The opposite end of the tool is flat and has a chisel edge for removing old putty.



Here's how to attack a re-putty job:

- Use the flat end of the tool to remove old putty in small pieces (to avoid splitting the frame). A soldering iron will soften stubborn patches.
- Glazier's points should be firm against the glass every four inches. Replace any missing points. Press them into the wood with a screwdriver.
- Apply latex directly from the can, laying a ribbon of material on the frame with the knife. Then, using firm corner-to-corner strokes, shape the compound as shown below. Keep it slightly below the inside molding.
- While the latex is still wet, clean the glass with a damp cloth and wash your tools with warm soapy water.



- Latex dries in 30 minutes and can be painted the same day. But wait at least eight hours to sand—with fine paper—any high spots. Finish with two coats of paint, sealing the gap between glass and compound.

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How to brighten a kitchen

Throwing light on a dark kitchen may call for several different types of fixtures. In this case, the homeowners did the job by installing a four-part lighting plan that includes a sunny skylight. Now they can alter the intensity of the light in the kitchen to suit the task at hand.



Photographs: Ernest Braun. Architect: Morris Finisy. Field editor: Helen Heitkamp



To maximize the amount of natural light in their kitchen, the couple installed a large window in one wall, and continued it right up into the shed roof. The resulting skylight section houses three globe lights, controlled by a dimmer switch, to brighten the area below at night.

Two kinds of light—overall and focused downlight—were needed over the kitchen work and sink area. To supply both, the homeowners recessed spotlights into a lowered ceiling section overhead, and sheltered fluorescent fixtures within a slatted box made of 2x6s, 2x4s, and 1x1½s. The wooden slats at the bottom of the box direct some light downward, intensifying the effect of the adjacent spotlights. The box is open at the top so light can bounce off the ceiling and illuminate the entire room.

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Choosing a central humidifier

Again this winter you might have noticed the familiar symptoms of a too dry house. Your carpet and clothing are full of static electricity, your plants are wilting, and the legs of your chairs are becoming wobbly. The cure is moisture, circulated throughout your house by a central humidifier. How big a humidifier you need depends on the size of your living area and how well insulated your house is.

Dry winter air warmed inside your house soaks up moisture. A central humidifier can automatically replace this moisture as needed.

The humidifier you select should be large enough to deliver sufficient moisture to every room in your house. But the humidifier shouldn't be so large that it cycles off and on all day.

To determine the total area of your home, multiply the width and length of each room to get the square footage; then add up the areas. Let's say that you get a total of 1,000 square feet.

Now decide whether your home is "loose" or "tight." A home built 40 or more years ago is probably loose; that is, poorly insulated and drafty. Newer homes that are more energy-efficient are considered tight. We'll assume your home is average.

The chart below shows the moisture output in gallons of water per day (GPD) of nine sizes of humidifiers.

	Total area of house (square feet)		
	1,000	1,500	2,000
Tight	4.2	6.4	8.5
Average	6.5	9.8	13.1
Loose	9.2	13.8	18.4

Your average home needs a humidifier that puts out about 6.5 GPD.

The output rating of a humidifier will be listed either in the manufacturer's literature or on a label or tag on the humidifier. These ratings are not always noted in gallons per day; some are shown in gallons per hour. There are central humidifiers to fit houses of all sizes and degrees of tightness. Prices range from $50 to about $250.

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begins on page 119

Dishes and linens

Design-it-yourself dishes and linens, page 119

Instructions are given here for the ceramic dinnerware, round gingham tablecloth, appliquéd table skirt, sunburst tea cozy, cloud-pattern place mat and napkins.

Ceramic dinnerware

Materials: Greenware (unfired clay forms) for pieces of dinnerware desired (see note, *below);* opaque underglazes in the following colors (brand names follow each color in parentheses): fern green (Duncan), lettuce green (Gare), Neptune green (Gare), field mouse (Gare), red (Gare), lobster red (Gare), mandarin orange (Gare), marigold yellow (Gare), canary yellow (Gare), bright blue (Gare), oyster white (Gare); cleaning tool; scrubber or fine-mesh grit; silk sponge; assorted brushes for decorating and glazing; typing paper; gray graphite paper; compass (large enough to mark plates); clear glaze; black china paint (overglaze); round adhesive-backed labels (available at stationery supply stores) in the following sizes: 5/16, ½, ¾, 1, and 1¼ inches in diameter.

Note: Materials used in this project may be harmful if not properly used. Read all labels carefully and store and use supplies properly.

Instructions:

Note on ceramics: Although you may be equipped to handle most of the following steps in your own home, you may choose to work with a local ceramist. There are over 20,000 ceramic studios across the country, so consult the Yellow Pages to find a studio close to you. The studio will be able to provide you with instructions, tools, materials, and tips. The studio will also be able to fire your work for a nominal fee.

Before you begin, you may wish to ask for a cost estimate for materials and firing so you can decide whether you want to make a complete set of dinnerware, a coffee or tea service, or just a few serving pieces.

1. First decide on the style of dinnerware you'd like to use. We chose Arnel's Danish Modern pattern. For best results, work with simple shapes. Depending on how the studio is operated, you may either purchase molds and pour the liquefied clay (called "slip") into molds yourself, or the studio will do the casting for you, using their own molds.

After the clay has dried, it becomes "leather-hard" and is removed from the mold to dry further. The pieces are called "greenware" at this stage. Greenware is extremely fragile, so take special care when working with it.

2. Use the cleaning tool to remove seam marks and imperfections from the greenware pieces. Hold the tool diagonally and clean both inside and outside surfaces. Then use the scrubber to smooth away the seam lines and edges. Finally, wipe the greenware with a damp sponge to remove all clay dust.

3. Enlarge the dinnerware pattern, *below,* and transfer it to pieces of typing paper for the master patterns. Refer to the color photos (pages 119-121) for designs and to step #6, *below,* for specific how-to for decorating each piece.

To transfer the pattern, position a piece of graphite paper over the greenware, covering it with the master pattern; tape it in place and trace over the design with a pencil. (The graphite paper acts as carbon paper, and the lines will disappear once the piece is fired.) Mark the rim and circumference of each plate with a compass and pencil.

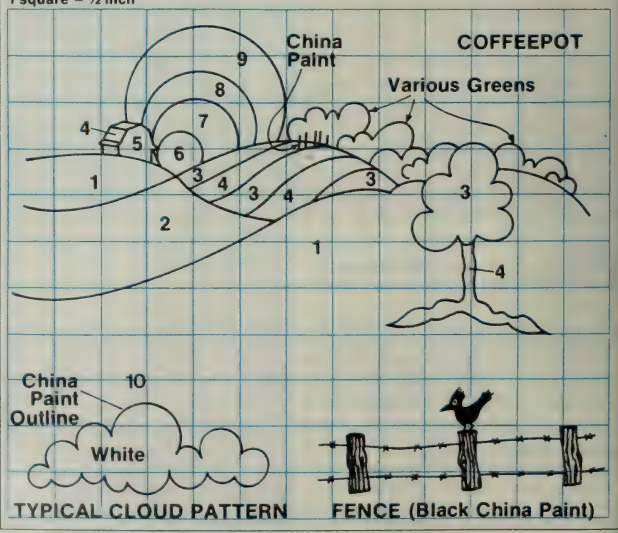
Color Key:

1—Fern green
2—Lettuce green
3—Neptune green
4—Field mouse
5—Red
6—Lobster red
7—Mandarin orange
8—Marigold yellow
9—Canary yellow
10—Bright blue
11—Oyster white

4. For pieces that feature clouds, apply a series of round adhesive-backed labels. For each cloud, begin with a large circle located near the center of the cloud formation, and add smaller circles around the edges, overlapping the edges. Press the labels down firmly. The areas around the labels will later be underglazed blue; the areas beneath the labels will remain white to form the clouds.

5. Decorating begins with the underglazes. Brush on the underglazes starting with the background areas and ending with the foreground items. Use assorted green colors for the tree clusters in the background. For larger areas

continued





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continued

Dishes and linens

(such as the lettuce green areas of the landscape) sponge the underglaze on. Apply all underglaze colors *except* red, lobster red, mandarin orange, and marigold yellow at this time. (These colors are applied *after* the first firing.) Apply 3 coats of underglaze to all color areas *except* in the blue areas, which should receive 4 coats. Underglazes are semitranslucent, so multiple coats are necessary to make them opaque. Be careful to layer them exactly and smoothly to achieve crisp edges. Allow all glazes to dry *thoroughly* between coats.

6. Specific directions for decorating each piece follow:

Coffeepot and teapot: Bands of blue (with clouds) and green (with hills, tree, etc.) encircle the top and bottom of the pots. Each band conforms to the shape of the pot. To transfer the designs to the pots, first mask the bottom ½ inch (above the bottom lip edge) on the coffeepot, or the bottom ¼ inch on the teapot, using masking tape. These areas will be white. Next, on the back of the coffeepot, use masking tape to edge a 3-inch-wide band (green). Sketch the 3-inch band in place on the front side of the pot, using a pencil. On the back of the teapot (shown on the table in the photo), mark a 1½-inch-wide band, using masking tape. Mark the band across the front of the pot, using a pencil. Overlap a landscape pattern on the front green band.

For the blue bands, mask the first ½ inch below the top of the coffeepot and the first ¼ inch below the top of the teapot, using masking tape. Mask the coffeepot band so it is 1¾ inches wide; the teapot band is 1 inch wide.

Apply round labels for clouds along top bands on both pots; paint bands blue (use "bright blue"; see color key, #10). Transfer hills, sun, etc., to front of pot along top of band line (sketch in pencil); paint, following general directions and color key. Sketch a tree (use the tree in the landscape as a guide) in the center of the green band on the back of each pot (opposite the landscape on the front); paint. Paint tops of lid handles blue. After second firing, draw in fence motif, etc., using black china paint.

Adjust the scale or position of landscape elements to fit your ceramic pieces if necessary.

Sugar bowl: Mask ¼ inch around top and bottom (above protruding edge) of bowl, using tape; these edges will be white. Apply labels for clouds; paint blue. Paint lid handles blue.

Cream pitcher: Position the 1-inch-wide blue band ½ inch down from the top edge of the pitcher. Apply labels for clouds; paint. Position the 1⅜-inch-wide green band ½ inch above the bottom protruding edge; paint. Add fence and bird after second firing.

Salt and pepper shakers: Position the ¾-inch-wide blue band ½ inch below the top. Apply labels for clouds; paint. Position the 1¼-inch-wide green band ⅜ inch above the bottom edge; paint.

Coffee mug: Position the 1-inch-wide blue band ⅜ inch below the top edge of the mug. Apply labels for clouds; paint. Position the 1¼-inch-wide green band ½ inch from the bottom; paint. China-paint fence and bird on green band.

Dinner plate: Measure rim and center circumference; mark with large compass. Position the 1½-inch-wide blue band from the rim toward the center of the plate. Leave a ½-inch-wide white space; paint remaining area green. Freehand-paint a single tree in the center of the plate.

Salad plate: Position a 1½-inch-wide green band from the rim to the center of the plate. Leave center white, with a single tree in the center.

Teacup: Position blue area ¼ inch from top and bottom edges of cup. Apply labels for clouds; paint.

Saucer: Position a green band from rim to raised cup lip. Leave center white.

Serving pieces: Apply labels for clouds, and paint all remaining areas blue.

All pieces: Leave the undersides of all pieces white (unglazed).

7. Gently peel off adhesive-backed labels while the last coat of blue underglaze is still slightly damp. If the blue underglaze seeps under the label circles, carefully scratch the greenware with the cleaning tool to redefine a sharp edge.

8. The greenware is now ready for the first kiln firing. Ask the kiln operator to fire the greenware to "cone 04 bisque" to resist chipping. The pieces will be white on all unglazed areas after bisque firing.

9. Apply the red, lobster red, mandarin orange, and marigold yellow glazes to the areas indicated (sunburst and barn). Apply 3 coats, allowing underglaze to dry thoroughly between coats. When the pieces are completely dry, apply 2 to 3 coats of clear glaze to the entire piece (the number of coats of clear glaze depends on the type used. Ask the instructor in the ceramics shop for details).

10. The bisque (fired greenware) is ready for the second firing (cone 06 glaze firing).

11. After the second firing, use the black china paint and a fine brush to accent the designs, painting in outlines and details on clouds, trees, and barn. Vary the width of the brushstrokes at will, but use the paint sparingly. Paint the picket fence and bird on the upright pieces; add a bird in flight to the serving pieces. Then fire the pieces to cone 018, the third and final firing.

Table linens, page 119

Instructions follow for the round gingham tablecloth (66 inches in diameter), cloud place mat (14x16¾ inches), tea cozy (10x11½ inches), napkins (approximately 14x14 inches), and appliquéd table skirt. The finished table skirt will cover a 36-inch-diameter, 30-inch-high round table.

All fabric requirements are for 44/45-inch-wide fabric. Appliqué fabrics are medium-weight cotton or cotton/polyester blends.

Materials for all projects: Size 70 sewing machine needle; typing paper; even-feed attachment for sewing machine (optional); kraft or brown wrapping paper; tissue paper; machine embroidery threads in colors to match fabrics. For yardage requirements, see project instructions below.

Note on machine appliqué: For machine appliqué, satin stitch at a medium to wide setting, with a thread color that matches the appliqué piece. Prewash all fabric and iron if necessary. First cut out appliqué pieces, then iron in place onto the background fabric using fusible webbing. When appliquéing, slip a piece of typing paper under

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continued

Dishes and linens

the background fabric to prevent puckering. When machine stitching is complete, tear away the typing paper.

Gingham tablecloth

Materials: 4 yds. blue gingham; white thread.

Instructions:

1. Cut gingham into two 2-yard lengths; cut 1 of the pieces in half lengthwise. Piece the 3 lengths together with the widest length in the center, then trim fabric into a 72-inch square. Save fabric scraps to use in the tea cozy.

2. Fold the cloth into quarters. Tie a string to a pencil and cut the string to 33 inches. Using a thumbtack to hold the string end in place, draw a quarter-circle arc. Cut through all 4 layers of fabric along this arc.

3. Turn under raw edges ¼ inch twice, making a double hem and then machine-stitch.

Cloud place mat

Materials (for one): ½ yd. white fabric cut into two 18x19-inch pieces; ½ yd. polyester fleece cut into one 18x19-inch piece.

continued on page 211

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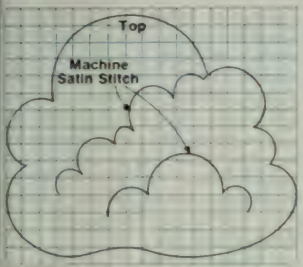

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continued from page 206

Dishes and linens

Instructions:

1. Enlarge the pattern, *below*, and transfer to a piece of tissue paper for the master pattern.



CLOUD PLACE MAT 1 Square = 1 Inch

2. Trace the pattern outline onto one of the white fabric rectangles. *Lightly* pencil in the lines inside the cloud shape.

3. Sandwich the polyester fleece between the 2 white fabric pieces and pin or baste the 3 layers together.

4. Using white machine embroidery thread, satin stitch along the inner cloud lines first, and then around the entire outline of the place mat. Cut away excess fabric close to the outer satin stitches.

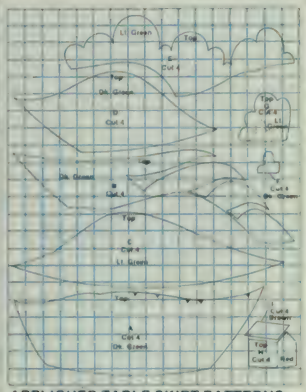
Appliquéd table skirt

Materials: 1 yellow king-size flat sheet; 2 yds. of light green fabric; 3½ yds. of dark green fabric; scraps of red and brown fabric; 5 yds. of fusible webbing; dark green, red, and brown machine embroidery thread.

Instructions:

Note: To make appliquéd skirt for a table that is a different size than the one shown adjust the dimensions of the pieces, *or* alter the number of pieces by subtracting some elements or adding others of your own design.

1. Enlarge the pattern pieces, *below*, and transfer to pieces of tissue paper for your master patterns.



APPLIQUED TABLE SKIRT PATTERNS 1 Square = 2 inches

continued



PLACEMENT DIAGRAM APPLIQUED TABLE SKIRT



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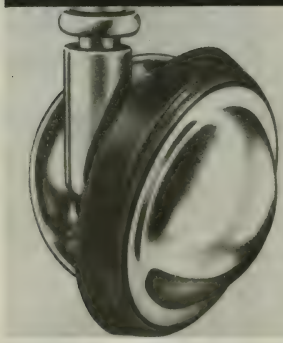
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continued

Dishes and linens

2. Cut four of *each* pattern from fabric colors indicated *without* adding seam allowances. Cut pieces of fusible webbing to match pattern pieces. Cut king-size sheet into a 97-inch-diameter circle. To do this, cut a 97-inch square from the sheet. Fold the square into quarters. Tie a string to a pencil and cut the string to 48½ inches. Mark and cut the circle same as for gingham cloth, *above*.

Note: Wrinkles in permanent-press sheets can often be removed by sprinkling them with a solution of white vinegar and water and then pressing with a warm iron.

3. Mark the circle into quarters, using basting stitches and spread the circle out on the floor. Position and pin 1 set of pattern pieces A through I onto the quarter circle, following the placement diagram, *below*. Use the notches on the diagram to help align pieces. Overlap pieces slightly, trimming if necessary. Repeat with remaining three quadrants.

4. Cut 4 sets of pieces A through I from fusible webbing to match fabric pieces. Slip webbing under pattern pieces and re-pin in place. With the circle on the floor, iron all pieces to secure in place. (A board covered with a towel is handy to use for a makeshift ironing board.) Repeat until all pattern pieces are fused to the background fabric, moving the ironing surface as necessary. When all pieces are secured, move circle to an ironing board and press on the wrong side of the sheet.

5. Machine-appliqué the pieces to the background fabric by machine satin stitching around the perimeter of each pattern piece. *All* green areas are appliquéd with dark green machine embroidery thread; use red machine embroidery thread on the barn, and brown thread on the roof. Stop all machine satin stitching ⅜ inch from the bottom edge of the skirt to prevent unnecessary bulk in the hem.

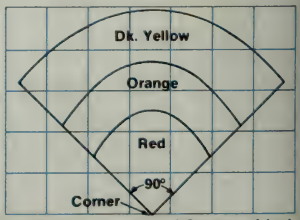
6. To hem, fold the edge under ¼ inch, then an additional ¼ inch, and machine-stitch.

Napkins

Materials (for two): Two 10½-inch squares of white fabric; two 16-inch squares of dark yellow fabric (left over from round table skirt); scraps of dark yellow, orange, and red fabric; eight 1x12-inch strips of blue fabric; scraps of fusible webbing.

Instructions

1. Enlarge the corner pattern, *below*,



NAPKIN 1 Square = 1 Inch

continued

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continued

Dishes and linens

and transfer to a piece of tissue paper for the master pattern. Cut corresponding fabric pieces *without* adding seam allowances. *Note:* Corners of white squares and appliqué pieces must be true right angles (90 degrees) or napkins will not be square.

2. Position the pattern pieces in one corner of a white fabric square, and secure the pieces with fusible webbing. Machine satin stitch around each fabric piece, using matching machine embroidery thread.

3. With right sides facing, sew a blue fabric strip along each side of the white square, using a ¼-inch seam and mitering the corners.

4. Center this appliquéd and bordered square atop a 16-inch yellow square and baste in place. Turn up the edges of the yellow square ¼ inch; press. Fold the edges over again so they overlap the blue strips ¼ inch to form the double-thick yellow border. Miter the corners and blindstitch the miters closed. Machine-stitch the yellow edge to the blue strip, sewing close to the folded edge of the yellow border.

Tea cozy

Materials: Scraps of dark and light yellow, orange, red, and dark and light green fabrics (scraps from table skirt): 15x15-inch muslin; 15x15-inch dark yellow fabric; two 15-inch squares of blue gingham (scraps from gingham cloth); 15x15-inch polyester fleece; ½ yd. fusible webbing; two 15-inch squares of quilt batting; 1 yd. of purchased yellow piping.

Instructions:

1. Enlarge the sunrise pattern, page 216, and transfer to a piece of kraft paper to serve as the master pattern. Carefully trace and cut individual sunburst pattern pieces A through G from tissue paper.

2. Trace tea cozy outline onto a 15-inch muslin square. Cut pattern pieces A through G from proper fabric colors *without* adding seam allowances. Position in place on muslin. Secure pattern pieces to muslin, using a single piece of fusible webbing.

continued

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2 to 2½ pounds broiler-fryer pieces, ¼ cup all-purpose flour, 1¼ teaspoons salt, ¼ teaspoon pepper, 3 tablespoons shortening, 1 can (1 pound) tomatoes, cut up, ⅓ cup Heinz 57 Sauce, ⅓ cup grated Parmesan cheese, 1 tablespoon sugar, ¼ teaspoon oregano leaves, crushed, ¼ pound sliced mozzarella cheese, cut into strips.

Coat chicken with mixture of flour, salt and pepper; brown well in shortening. Place chicken in baking dish (12" x 7½" x 2"). Blend any remaining flour mixture with tomatoes and next 4 ingredients; pour over chicken. Cover; bake in 350°F. oven, 30 minutes. Remove cover; top with cheese. Bake, uncovered, 25-30 minutes longer or until chicken is tender. Skim excess fat from sauce. Serve sauce over chicken and hot noodles.

Makes 4-5 servings (about 2 cups sauce).



CHICKEN CORDON BLEU

3 large chicken breasts, split, skinned, boned, Salt, 6 thin slices lean baked ham, 6 ounces Swiss cheese, cut into 6 sticks, ¼ cup all-purpose flour, 3 tablespoons butter or margarine, 1 can (3-4 ounces) mushrooms, ½ cup water, ⅓ cup dry white wine, ¼ cup Heinz 57 Sauce.

Place chicken breasts, boned side up, on board. With meat mallet, lightly pound each to ¼" thickness. Season with salt. Place a ham slice and a cheese stick on each breast. Tuck in the sides; roll, jelly-roll fashion, pressing to seal; tie securely. Coat rolls with flour; lightly brown in butter. Place rolls in baking dish (10" x 6" x 1½"). In same skillet, stir in mushrooms and next 3 ingredients. Heat; pour over chicken. Cover; bake in 350°F. oven, 1 hour or until tender. Thicken sauce, if desired. Serve with rice. Makes 6 servings.

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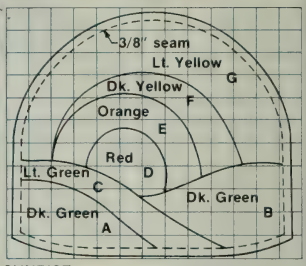
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continued

Dishes and linens



SUNRISE TEA COZY 1 Square = 1 Inch

3. Place muslin square on top of polyester fleece square, and machine satin stitch around each pattern piece. Place appliquéd square on top of the batting square. Using a running stitch, stitch through all layers following the shape of each appliqué piece. Machine-stitch a length of yellow piping along the seam line on the curved edge of the tea cozy front, leaving the bottom edge without piping.

4. For the back, trace the cozy outline onto the square of dark yellow fabric. Place this over the second quilt batting square. Channel-quilt the back at 1¼-inch intervals. Machine-stitch around the penciled outline.

5. To assemble, pin appliquéd front to quilted back, right sides facing. To join, use the penciled stitched outline on the back as a guide, but machine-stitch ⅜ *inch* inside this line. Leave bottom edge open; trim seam.

6. For lining, trace tea cozy outline onto one of the 15-inch gingham squares. Place squares on top of each other, right sides facing. Using a ½-inch seam, stitch along the sides only, leaving the bottom edge completely open and the top of the curve open. Trim seams.

7. With right sides facing, sew the bottom of the lining to the bottom of the cozy in a ⅜-inch seam. (The lining is actually slipped over the tea cozy so the right sides of each are together.) Pull the cozy through the opening in the top of the lining; blind-stitch the lining opening closed. Push the lining up into the cozy. Tack the lining in place at several points.

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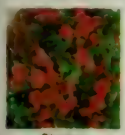


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You should also know that the 1980 Zephyr wagon is estimated at more miles per gallon than a total of 8 different Datsun and Toyota models, including wagons and sedans.

Of course your mileage can vary, depending on how fast you drive, weather conditions and trip length. Your actual highway mileage will probably be less than estimated, as will California ratings. And these figures exclude other Ford Motor Company products, and should be used for comparison. But compare these official Government EPA mileage ratings to those of any other maker's wagons of the same size, and you'll see that none of them compare to Zephyr. Compare Zephyr's low sticker price to any wagon from Buick, Oldsmobile or Pontiac, and you'll see there's no comparison. Compare Zephyr's generous cargo space with any other wagon in its class, from any other maker, and you'll see there's no comparison. Compare Zephyr's excellent combination of fuel efficiency, comfort and quality and you'll see the Lincoln-Mercury difference. There's just no comparison.



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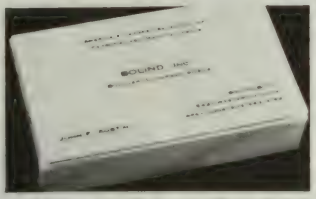


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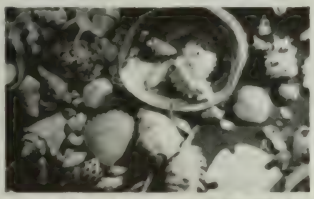
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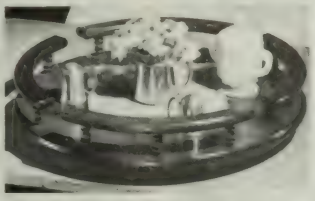
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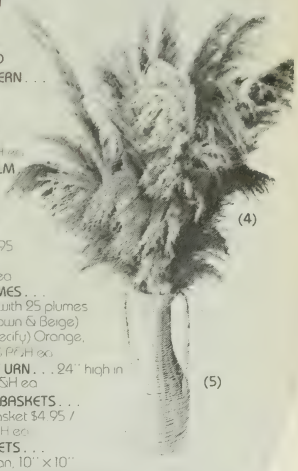


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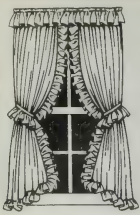
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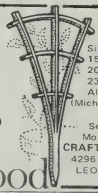
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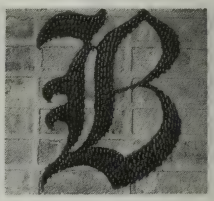
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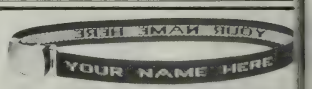
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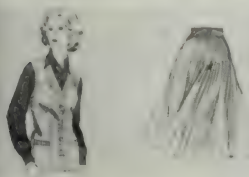
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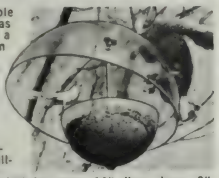


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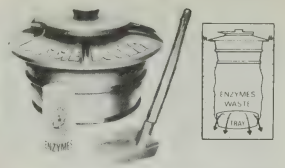
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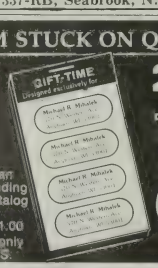
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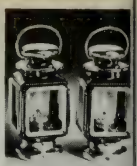
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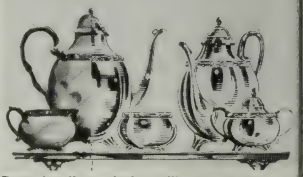


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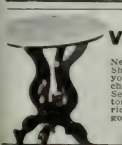
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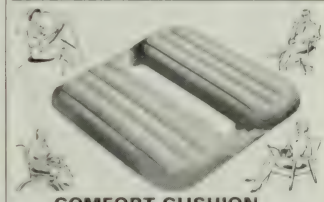
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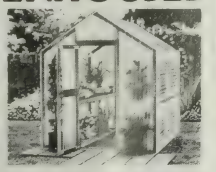
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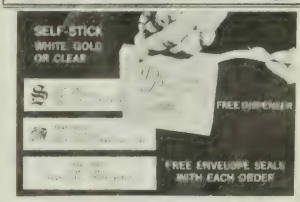
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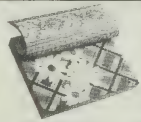


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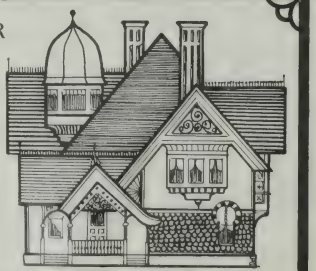
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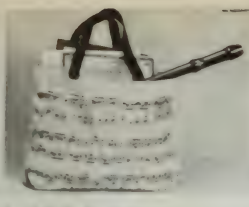
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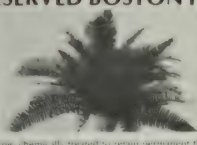
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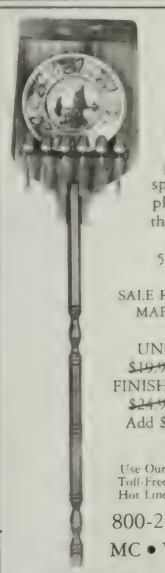


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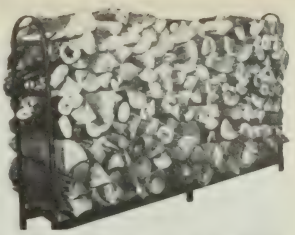
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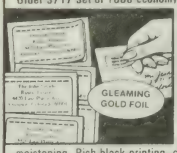
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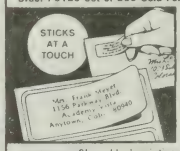
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Add 20¢ per set for postage & handling $ _____
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The Man Next Door®

Lee Bayless just returned from a no-frills jet trip to the Coast. He reports that no movies were offered on the flight, but one of the stewardesses did pass around some snapshots of her basketball-player fiancé.

Our Rosemary writes from college that her economics professor has a knack for summarizing today's economic situation. For instance, he points out that the old "haves" and "have-nots" today are outnumbered by those who "have what they haven't yet paid for."

A girl in Burt, Jr.'s class has been walking with him to the library in the evenings. However, Burt isn't sure whether she's really interested in him or after the next day's math answers.

Our office is participating in a banking program in which employees can have their paychecks credited directly to their checking accounts. Most of us appreciate the convenience. At least it solves the problem of take-home pay that couldn't survive the trip.

"Too many people are complaining that times are tough," the Rev. George Hall said in his sermon Sunday. "What they manage to overlook is that it is their job to make things better."



Although psychoanalysis is said to help many people, grumpy Ned Carter insists that it's not for him. "Why should I pay someone $50 an hour to listen to me when I can listen to myself for nothing?" Ned asks.

Is faulty ESP the reason that I have an uncanny ability to always choose the line that moves the slowest at both the supermarket and the bank?

A sure sign that our Judy, age 11, is growing up: Until recently, she proudly wore Burt, Jr.'s hand-me-down sweaters. Now she refuses because the "buttons are on the wrong side."



"I don't know why, but when I sit down on this thing I have an uncontrollable desire to shout 'Varoom . . . Varoom!' "

Young bachelor Tom Dowd wonders if the time has come for him to retire his after-shave in favor of another brand. He suspects that most of the eligible women in town have built up an immunity to the old aroma.

Recently I was up on the roof cleaning gutters with Burt, Jr., 13. Finally he noticed that I was having difficulty doing the job and he suggested—quite rightly—that it was because I was hanging too far back from the edge.

At first I brushed off his comment, but then back on the ground I felt I had to deal with the situation. I had to do what any man would despise doing—tell my son that his father has an Achilles' heel: an unreasoning fear.

For years I have been terrified of heights. Airplanes don't bother me, but put me on a ladder or a roof and my brain clogs and my legs turn rubbery. It has been an act of will for me to tackle those leaves year after year.

And now my secret was out to my son. I had tried to teach him not to be afraid of things, and now I was confessing to it myself. Now I had lost some image, some respect.

Burt, Jr. looked amazed and I could see a question coming. Inwardly I braced for it, but it wasn't at all what I expected.

"Why didn't you tell me sooner?"

"I was embarrassed."

"Why? Don't you remember telling me that it was okay to be afraid? You said it was how you handled your fear that counted."

"Yeah, well—"

"And even though you're scared, you keep getting on the roof."

Hmmm. I had never thought about it like that. Chris and I have reared a very understanding young man.

It certainly feels good to get that confession off my chest—doubly good since Burt took over the roof chore. He feels good, too, about taking responsibility for a job that spooks his dad.

Maybe the confession of fears is not so fearsome after all.

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Cheer does a great job of cleaning in all three temperatures—hot, warm and cold. Hot to clean your whites, warm for your permanent press, and cold to help protect bright colors from fading. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Hanes thinks washing right is so important, they're sewing a special care label inside their underwear. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep those boxer shorts looking like champs.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Hanes to feature their garments in Cheer advertising.

Better Homes Gardens

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April 1980 • $1.25



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1st Prize Winner

World's easiest-ever ice cream

1½ cups strawberry jam
2 cups buttermilk

Stir together jam and buttermilk. Freeze firm. Break up mixture; whip till fluffy and refreeze. Enjoy!

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Armstrong FFC® Solarian®.



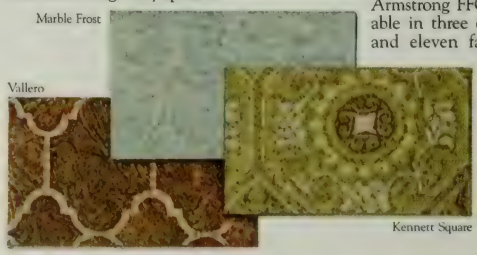
Marble Frost FFC Solarian, pattern 88840

Special—because it's Solarian.

If you've been wanting the special beauty of an easy-care no-wax Solarian floor, see this special collection of Armstrong FFC Solarian floors. All feature the long-lasting built-in shine of Armstrong's highly durable Mirabond® surface that keeps its lustrous "like-new" look without waxing far longer than ordinary vinyl no-wax floors.

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It's available only from your authorized Armstrong Floor Fashion Center® dealer.

Armstrong FFC Solarian is available in three distinctive patterns and eleven fashionable colors. About $325 for an average 12'x15' room (manufacturer's current estimated price, material only, installation extra, price may vary by retailer).

A very special store.

The Armstrong Floor Fashion Center®.



...pecial—because we have the full selection of Armstrong floors.

...strong Floor Fashion Center stores offe... you the broadest possible selection of ...rmstrong floors. Every color and pat...rn of easy-care Solarian no-wax floors. Inlaid Color™ floors. Cushioned floors. Over 300 choices in all...so you're sure to find just the right floor at just the right price.

Special—because we make your shopping easier.

In most stores, our special sample display units make it easy to see the entire Armstrong collection at a glance...and just as easily remove each sample for a really close view of the color, texture, and construction.

Special—because we give you decorating ideas.

Our salespeople receive specialized Armstrong training courses in color-coordination and interior design, so they can help you create beautiful rooms ...from the floor up. And our specially prepared decorating aids give you great color schemes and design ideas for every Armstrong Solarian floor.

Special—because we offer warranty-supported professional installation.

Flooring installation is our specialty. And for all installed Armstrong floors, we offer our warranty of satisfactory installation. Ask to see it. For names of your nearest authorized Floor Fashion Center dealers, just look under Armstrong in the "Floor Materials" section of the Yellow Pages.



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Special—because we're flooring specialists.

Prices good through
June 30, 1980

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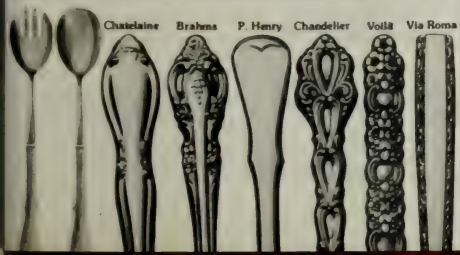
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THERE'S MORE TO CUTLASS SUPREME THAN MEETS THE EYE.



Cutlass Watchers, compare Cutlass for mileage. Don't be attracted to this car just because of its looks. About a half-million people are going to buy a Cutlass this year and many will do so because of the V6 engine. This spunky, economical powerplant has an EPA estimated mpg of 20 and an estimated 27 out on the highway. With the available diesel V8 engine, you get even better mileage.

V6 ENGINE

20	27
EPA Est. MPG	Hwy. Est. MPG

DIESEL ENGINE

22	34
EPA Est. MPG	Hwy. Est. MPG

REMEMBER: Compare the boxed "estimated mpg" to the "estimated mpg" of other cars. You may get different mileage, depending on how fast you drive, weather conditions, and trip length.

Actual highway mileage will probably be less than the estimated highway fuel economy. Estimates lower in California. Diesel not currently available in California.

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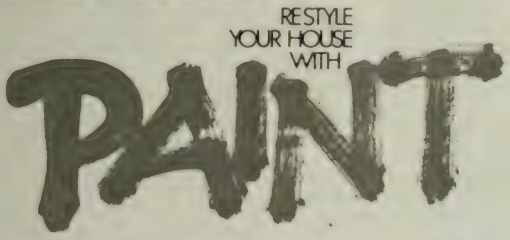


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What are the schools teaching your kids about money?

It's not easy these days for people to know how to manage their own money, much less understand the macro-machinations of finance practiced by government and business. Yet it takes a basic comprehension of economics, both personal and general, for anyone to manage money adequately in today's world. What are the schools doing to help your youngsters learn the basics of money?

Many schools today are breaking away from the dry-and-dreary approach to economic education and are teaching about money in some refreshing ways. Not all the courses are new, and not all are good. Still, there is growing recognition that economics should be presented in a way that is directly relevant to the students' lives.

Several factors have led to this awareness. Nationwide tests indicate that many teen-agers are not prepared to function as adults in the marketplace. Inflation, energy costs, and other pressures bear heavily upon the family pocketbook, yet the vast array of financial tools available to consumers is frequently confusing. There is also increasing alarm over the rising debt load of individuals and governments. Finally, many leaders feel the public—though basically approving of our present economic system—does not comprehend the fundamentals of economics enough to vote knowledgeably on important issues.

What is "economic education"?

It's not a simple concept to define because opinions vary considerably about what should be taught. Some people hold that courses should focus on basic consumer skills. Others say the prime concern should be fundamental economic concepts, such as scarcity and the laws of supply and demand. Another faction believes career or business education is most important. Still others advocate a more political approach; in fact, Louisiana, Arizona, and a few other states require all students to take a course in "the free enterprise system."

An early 1979 survey funded by the U.S. Office of Education shows how multifaceted economic education has become. According to that study, 37 states plus Washington, D.C., have specific laws or statewide policies that require or encourage "consumer education" in at least one of four general areas: 1. Consumer *decision making*, including topics such as attitudes, values, and choice making. 2. *Economics*, including basic economics, "free enterprise," and/or consumer economics. 3. *Personal finance*, involving principles of buymanship and money management. 4. *Rights and responsibilities* of the consumer in the American economic system.

What's being taught?

Course contents and instructional approaches vary throughout the country. Some school systems offer economic education on a continuing K-through-12 (kindergarten through 12th grade) basis. Some concentrate the material at specific grade levels. Some integrate the subject into existing courses. A sample of several programs will give you an idea of the approaches now in use.

• *K-through-12 system.* From their first to last year in public school, Florida youngsters participate in a "Consumer Education Program" that includes a study of topics such as consumer decision making, economics, personal finance, and the rights and responsibilities of the consumer.

The schools in Fort Dodge, Muscatine, and several other Iowa towns also have a K-through-12 approach. Donald Davison, associate research scientist in economic education at the University of Iowa, explains the reasoning behind the plan: "When you teach just a one-semester course in economics at the high school level, you're really throwing the youngsters into a foreign language. They spend most of their time learning new concepts rather than developing their ability to apply these concepts. When you build the ideas into instruction in the early grades and keep developing the ideas through the years, the youngsters learn to handle a few terms at a time and apply them as they go along."

• *Lower grades.* From kindergarten through the third grade, schoolchildren in the Iowa towns mentioned above receive several hours' instruction over a few weeks about basic economics—for example, the gap between an individual's desire to buy things and the realities of what families can afford. Flash cards and other game-like devices help reinforce the basic ideas.

• *Middle grades.* Some 750,000 nine- to 13-year-olds in more than 3,000 districts throughout the country are watching a television series called "Trade-offs," developed by the Joint Council on Economic Education, the Agency for Instructional Television,

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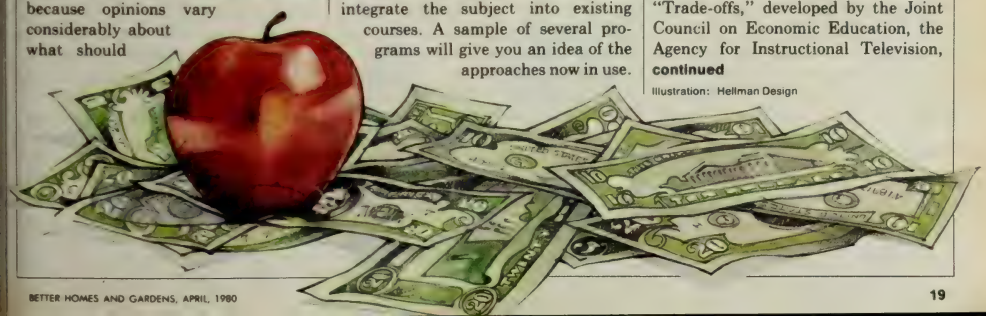


Illustration: Hellman Design

continued

What are the schools teaching your kids about money?



and the Canadian Foundation for Economic Education. Each episode demonstrates a specific money problem that a youngster might encounter, such as not having enough cash to buy both a record and a book.

• *High school.* All high school students in Oregon are required to pass a 130-hour course called "Personal Finance." Topics include not only those labeled "personal finance," such as money management and buymanship skills, but also consumer rights and responsibilities and basic economics of the marketplace.

Juniors and seniors in almost two-thirds of West Virginia's schools now take a course called "Adult Roles and Functions"—a one-unit home economics class that may eventually be required of all students in the state prior to graduation. In addition to exploring the problems of parenting, family relations, housing, and nutrition, the course covers consumer education, management, and careers.

Seniors in over 60 Minnesota schools get first-hand knowledge of economic concepts through a course called "Business and Economics." The students hear talks by local business men and women and make field trips to their companies. To demonstrate the role of supply and demand in price setting, for example, a used-car salesman might bring a car to the school and ask youngsters to set a price. "The whole point is to augment the classroom programs with real world examples the kids can understand," says Bob Kaitz, director of the Business Economic Education Foundation, which developed the program.

American history students in about 130 Arkansas high schools are now learning about colonial America and the Revolution in terms of economic issues as well as other factors. The course follows a teacher's kit developed by the Joint Council on Economic Education and distributed through grants from Exxon, the RCA Corporation, and Alcoa. The instructor combines basic economic concepts with typical high school history textbooks and relates those ideas to current events. (Example: The Boston Tea Party might demonstrate "free trade" versus trade controlled through tariffs and other mechanisms.)

What are the problems?

As with almost any innovative approach in education, *funding* is a primary worry. It takes cash to develop curriculum, train teachers, and provide the necessary materials—tax money that's in demand as well for other legitimate interests, such as programs for the handicapped and for gifted children.

Among other concerns:

• *Definition of course content.* There is still disagreement about what economic education should embrace. However, the belief is growing that relevance to the individual's daily life is paramount. In the words of Dr. Michael A. MacDowell, president of the Joint Council on Economic Education: "We must address the student in all of his or her economic roles—as consumer, worker, and citizen/voter."

• *Jurisdiction.* Should these courses be handled by one department, such as home economics, history, math, or business education? Or should there be a cooperative venture between departments? Roger Wangen, a social studies consultant to the Department of Education in Minnesota, believes the interdisciplinary approach is best. "You must get input from every quarter to create a program that can be adapted by individual schools and teachers," he says.

• *Teacher training.* In-depth courses and extensive in-service training for teachers are essential, as educators in Oregon and other states have found. As of 1979, only half of all social studies teachers—often the ones called upon to teach economics—had taken a single course in the subject. But often state legislatures vote to require some sort of economic education, then fail to provide the funding needed to train teachers and develop materials.

• *Propaganda.* Many educators and other interested people are skeptical of the contribution that businesses make. While they spend considerable funds developing materials for the classroom—a financial boon to the schools—the materials sometimes are decidedly one-sided in approach and content. Materials and teacher training may be slanted the other way, too, when developed by ardent consumerists. In that case, the emphasis sometimes is on consumer rights to such a degree that business is left with the role of villain. "Still, the amount of money invested by business in economic education far outweighs what's spent by the consumer advocate side," says Dustin Wilson, the director of consumer education, U.S. Office of Education.

What can parents do?

First try to clarify what *you* think economic education should be for your youngster. Do you want the emphasis on personal financial skills? Would you be satisfied with a course in "the free enterprise system," or would a more general approach be better? Are you willing to have the schools invest your tax money in a comprehensive curriculum and teacher-training program for economic education?

Second, find out what your child's school is doing or plans to do. Examine course outlines and materials. Find out, too, what sort of teacher preparation is required and provided.

Third, if you're not happy with the school's present approach, be prepared to discuss alternatives with the teacher, principal, parents, and school board.

Fourth—and most important—remember that learning economic skills begins at home. How you think about money, how you use it, and how you plan your family's financial future all have a decided impact on your youngsters. Bring the kids in on discussions about family financial decisions and try to teach the youngsters about some of the basic skills required to run a household.

—Margaret Daly

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Dan Kaercher

Family Therapy

When can it help?

Your teen-age son or daughter—once a cooperative and responsive child—has developed behavior problems. You can't cope with the situation any longer, and neither can school officials. The only answer seems to be professional counseling for the youngster. But have you considered that you—indeed that the whole family—may be the root of the problem? Even when just one family member is "in trouble," this often is the case. When it is, the best treatment may be family therapy.

This approach has achieved heartening success by treating the family as a whole—not simply as individuals who function independently. What is the key to family therapy's many successes? How does family therapy differ from traditional approaches? Could your family benefit?

The family "loop"

The basic principle of family therapy is that the family, not the individual, is the "patient." Whenever possible, family therapists treat several or all members of the family during the same session. If the family will not join in the treatment, the therapist still will take the attitudes and actions of all the family members into account.

Family therapists regard the family as a system—a closed loop, the whole of which is greater than the sum of the parts. Events affecting one member of the family are believed to reverberate around the loop and affect every member of the family system. Therefore, in order to bring about change in an individual, the therapist treats the family system itself.

What prompts families to seek help?

According to Robert Mark, Ph.D., of the Center for Family Studies/The Family Institute of Chicago, many families turn to the family therapy approach because one of its members is "driving them all crazy." Yet Dr. Mark and other family therapists often find that the "troublemaker" is not such a villain after all. Often the problem individual is found to be the *symptom bearer* for a sick family. Family therapists use the term *scapegoating* to describe the way that the family often mistakenly blames all its troubles on the symptom bearer.

What accounts for such behavior?

Every family develops certain types of behavior to maintain its equilibrium. Family therapists call these behavior patterns *homeostasis*, or "steady state." When one family member begins to separate himself from this family pattern and threatens to change the family system, other family members have a natural tendency to resist by various means.

Such automatic reactions are called *homeostats*. They are triggering mechanisms that over the years may be refined to such things as a glance, a cough, to a mother's putting her hand to her throat, or to a father's growing rigid, cold, and withdrawn. Therapists liken homeostats to the thermostat in your home that activates the furnace when the room temperature lowers even slightly.

Why can't families use these insights to deal with their problems themselves? The answer is twofold, according to Dr. Mark.

First, family members are not conscious of the homeostats and the "steady state" they seek to maintain. Second, most families have a deep-seated resistance to change. People are comfortable with what is familiar, and they are familiar with the way they have been behaving over the years—even if that behavior has brought largely negative results.

How did family therapy originate?

Family therapy was born about 30 years ago. It grew, in part, from the work of psychiatrists who wanted better ways to treat patients who:

- inexplicably showed little or no progress after years of traditional individual psychotherapy.
- were part of a family whose members became emotionally ill in series. One child after another would be cured, only to have the next in line fall ill. This might continue until all the children left home, at which time the parents would divorce—usually after more than 20 years of marriage.
- were adolescents who improved as long as they were separated from their families, but who had to return to the hospital soon after they were sent home.

As the family therapy approach developed, the underlying causes of these patients' problems became apparent: The influence of a troubled family forced many patients to return to the hospital soon after they were released. Youngsters in a family with a pattern of emotional illness were often unconsciously trying to keep their parents' unstable marriage together by focusing their attention on other problems.

In order to treat these families, the pioneers of family therapy took the then revolutionary step of inviting not only the patient but also his or her family into the treatment room at the same time.

How widespread is family therapy?

Today, family therapy is taught and practiced at scores of centers across the country. For some years now, psychiatrists, psychologists, and social workers who apply the principles of

"Family Group," a sculpture by Henry Moore

continued

continued

Family therapy

family therapy have been welcomed on the staffs of major hospitals and in university psychology departments. Still, the approach is controversial in some quarters.

How is family therapy different from other therapies?

The chief difference between family therapy and traditional psychoanalysis is that in the former, the therapist works with the whole family and in the latter, the therapist works one to one with the patient. Even in group therapy, the progress of the individuals who make up the group is more important than the progress of the group as a whole.

One of the most attractive aspects of family therapy is that it can get results much faster than traditional psychotherapy. When a family therapist talks about long-range treatment, he or she usually means one session a week for 18 months to two years. Further, some family therapists specialize in "brief treatment" that can bring important behavioral change in about a dozen sessions.

Psychoanalysis, on the other hand, takes from about three to five years at three or more sessions per week. The aim is to "work through" most of the patient's problems and bring about fundamental character change. That's why analysts often charge that family therapy is superficial.

What are the main approaches?

There are two major wings of the family therapy movement. In one, the therapist uses the insights of psychoanalysis to help him understand what is happening to the individuals in the family he is treating. He may share those insights with the family as a vital part of the treatment. In the other wing, which includes practitioners of brief treatment, the therapist avoids such insights on the grounds that emotional problems stem entirely from communication problems in the family system.

Family therapists who are psychoanalytically oriented feel that change follows insight, or at least that insight into the cause of a problem—at the right moment in the therapy—will greatly help to solve or alleviate the problem. Like psychoanalysts, they also feel that if the problem arises again, the patient will be better equipped to recognize it and to deal with it on his own.

The other group of family therapists feels that insight does not necessarily mean that a patient's behavior will change. They say that change follows action. Such views are based on pioneering and still controversial studies done in the 1950s into the origin of schizophrenia, a major psychotic disorder. These studies and other discoveries led to the "double-bind" theory and its relationship to schizophrenia.

What is the double-bind theory?

According to this theory, schizophrenia can be caused by a child's receiving a constant stream of subtly mixed—and mutually exclusive—messages. No matter what action the child takes to comply with these mixed

continued on page 29

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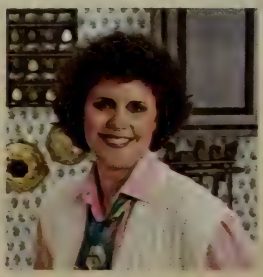
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GENERAL ELECTRIC

continued from page 24

Family therapy

signals, he or she will suffer as a result. Too young to leave the scene or to discuss the conflicts openly, the child is caught in a painful bind.

All parents put their children in double-bind situations once in a while. Trouble arises when these scenarios are repeated again and again. In such cases, the theory goes, the child flees from his painfully confusing, anxiety-producing situation into the unrealistic world of schizophrenia.

According to family therapist Karl L. Willrich, M.D., of the Old Orchard Hospital in Skokie, Illinois: "These children can't move forward, grow emotionally, and mature intellectually to become well-adjusted adults. Instead, they shift away from reality, become severely disturbed, and in the end withdraw over the painful clash between themselves and the world—a condition we call schizophrenia."

Dr. Willrich, who also is associated with Northwestern University and the Family Institute of Chicago, concludes: "Although the double bind is not the sole cause of schizophrenia, the communication involved is characteristic for this illness. The effects of the double bind can be summed up as being in a 'damned if you do and damned if you don't' situation."

Because of their roots in family relationships and interactions, emotional problems created by double-bind situations often respond to the family therapy approach.

What techniques do family therapists use?

Family therapists employ a variety of strategies and tactics, including:

- *Family sculpture.* Here the therapist asks one family member to physically rearrange the group according to that individual's view of family relationships. The "sculptor" may move some members close together, exclude others, and even assign gestures and postures. The goal is to show how family members see each other, to learn how they'd *like* to see each other, and to discuss how the family might develop the desired relationships. Many times, individuals who can't express their emotions verbally are able to communicate them this way.
- *Reframes.* To make the family more aware of its own operating system, the therapist asks family members to put a negative situation in a new and positive light, or to put a positive situation in a negative light. Often, such reversals demonstrate that the saints and sinners of the family don't really fit their stereotypes. The purpose of the exercise is to move people away from making accusations based on stereotypes, and toward viewing the family system as it really is.
- *Physical restructuring.* Sometimes the therapist himself will physically rearrange family members. For example, a mother who sits wedged between her two sons on a small sofa might be asked to move to a nearby chair, while the father seated off in a corner might be asked to move closer to the rest of the family during the session. The goal, again, is to expose unconscious behavior patterns and reveal what needs changing.
- *Pattern recognition.* Dr. Mark helps families become aware of oft repeated negative scenarios. Then family members—with the help of the therapist—evaluate what happened and develop a more positive behavior pattern.
- *Familygrams.* Dr. Willrich has a blackboard in his office on which he diagrams the relationships within families—who dominates, who is dependent, etc. The significant relationships between family members, often spanning three or more generations, are noted on the board. (Family behavior patterns often can be passed down through the generations.) This technique helps focus attention on excessively strong or weak ties between family members, their communication patterns, and their role relationships.

How do you find a qualified therapist?

The family therapy approach is used by psychiatrists, psychologists, social workers, clergymen, and other family counselors. These professionals are affiliated with hospitals, universities, mental health clinics, and social service agencies throughout the U.S.

The American Association for Marriage and Family Therapy, which has over 7,500 members in the U.S. and Canada, is a professional organization

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Typical cases seen by family therapists

Here are three examples of the types of problems family therapists treat:

- Soon after entering school, a boy has tantrums each morning and flatly refuses to go to school. The family enters therapy because of the child and learns that it actually is the mother—not the child—who is the core of the problem. She cannot bear to be separated from the boy. Without realizing it, she acts lonely, gets sick, and makes a great fuss over the child, who soon gets the idea that his mother really wants him to stay home rather than go to school.
- Another family seeks therapy because of the teen-age daughter's emotional problems. The therapist soon learns that the girl's mother monitors virtually all of the girl's actions—what she wears, how and when she eats, whom she socializes with. But when the girl does something the mother disapproves of—like dropping a dish and breaking it—the mother snaps, "Why are you so clumsy? Why can't you grow up and be somebody?" The child is in a double bind: The mother continually robs the child of independence yet at the same time asks the child to be independent. Either way, the child loses and the mother gets angry.
- A high school boy and his family go into therapy after he is caught setting fire to the school. The situation is a painful one for the whole family, but particularly for the father, who is a fireman. Therapy reveals that the boy's action really is a disguised cry for help: He unconsciously left a trail of clues that enabled authorities to find him. Now the whole family is in therapy and dealing with underlying problems of alcoholism and child abuse that triggered the seemingly isolated act of vandalism.


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continued from page 29

Family therapy

for marriage and family therapists. To locate a trained family therapist near you, call or write the Association at: 924 West Ninth Street, Upland, California 91786 (714/981-0888).

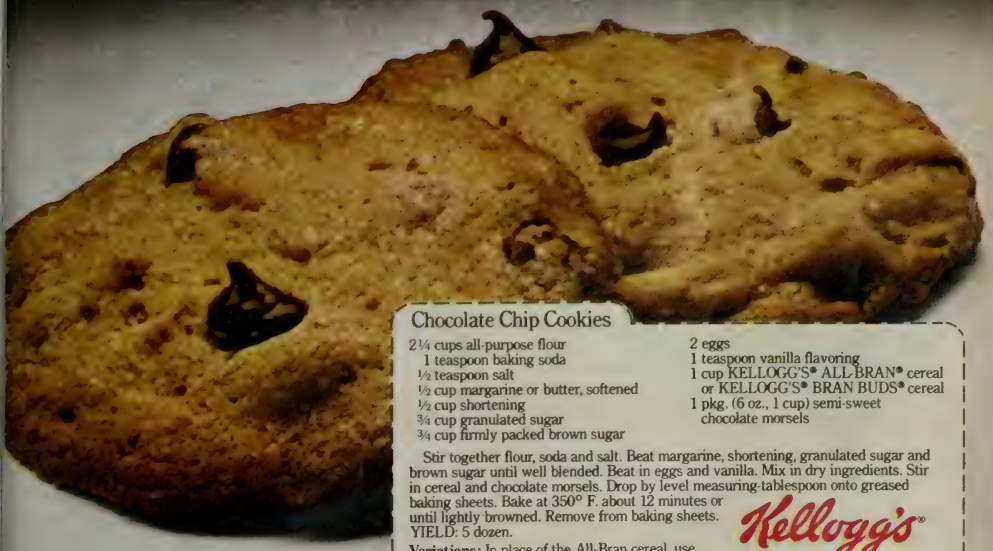
Other sources: state psychiatric societies, medical schools, and university psychology departments. You also may contact one of the major family therapy institutes which include—among other institutes—the Ackerman Family Institute, 149 East 78th Street, New York; the Center for Family Studies, 10 East Huron Street, Chicago; and the Philadelphia Child Guidance Clinic, #2 Children's Center, 74th and Civic Center Boulevard, Philadelphia.

Try to find a therapist who has been trained at one of the major centers of family therapy. Ask for the therapist's credentials and if he or she has not had medical training, find out if there is a medical supervisor who is available for consultation. Make sure the therapist is someone you can relate to, and someone who can identify with your family's situation. Not every therapist, no matter how well trained, is suited to treat every family.

If your therapist is a board-certified psychiatrist, which means he has a medical degree, has completed a psychiatric residency, and has passed board examinations in his specialty, the hourly fee will be about $60-$75, although this can vary depending on location and the psychiatrist's qualifications. If the family therapist is a clinical psychologist, psychiatric social worker or another mental health worker, the fee will range from between $25 and $50 per session, depending again on the location and number of years the therapist has been in practice. Public social service agencies, university clinics, and mental health clinics often base charges on what your family is able to pay.

—Mark Perlberg

Get fiber into more foods your family will like.
Like Chocolate Chip Cookies.



Chocolate Chip Cookies

2¼ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup margarine or butter, softened
½ cup shortening
¾ cup granulated sugar
¾ cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla flavoring
1 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels

Stir together flour, soda and salt. Beat margarine, shortening, granulated sugar and brown sugar until well blended. Beat in eggs and vanilla. Mix in dry ingredients. Stir in cereal and chocolate morsels. Drop by level measuring-tablespoon onto greased baking sheets. Bake at 350° F. about 12 minutes or until lightly browned. Remove from baking sheets. YIELD: 5 dozen.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or crush 1 cup KELLOGG'S® CRACKLIN' BRAN® cereal to coarse crumbs.

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Designs by Diane Von Furstenberg

Dress your bedroom with coordinating sheets, bedspread, draperies and comforter with matching shams. For a light touch add the ceramic base Eternal Tree lamp (shown below). All in coordinating colors of autumn wheat, navy or brown. Created exclusively by Diane Von Furstenberg for the Open Hearth collection.

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RESTYLE YOUR HOUSE WITH

PAINT

By Noel Seney and CarolAnn Shindelar

You don't have to drive through too many neighborhoods to realize that a good paint job can make a house twice as attractive as the one next door. That big difference in curb appeal—and resale value—is seldom a matter of who spends the most money; rather, it's who does the best job of planning.

To help you design a flattering color scheme the next time you repaint, we've pulled together some basic guidelines. Some of the ideas involve only paint, while others combine paint with small accents such as shutters, panels, and trim pieces. Look over the miniature models we've painted, and borrow the ideas that make the most sense for your home.



A BASIC BOX

Even the plainest little house can easily be spruced up with paint. This basic box looks like thousands of others you've seen all across the country. Its exterior styling is meager at best, and the house has a couple of built-in problems: The windows are of varying sizes and heights, and the projection to the left of the entry is oddly proportioned.



Photographs: William Hopkins. Model builder: Dane Art. Color stylist: Jim Engler

Look at the big difference a new color can make! This bold solution gives the house real character and minimizes its flaws. You hardly notice that the windows are uneven. And the awkward projection blends right in with the rest of the house.

To keep the bold color from overwhelming the house, we've added a generous helping of white trim. We also framed the windows with extra-long shutters and nailed white panels below them. (They're exterior-grade plywood, edged with molding.)

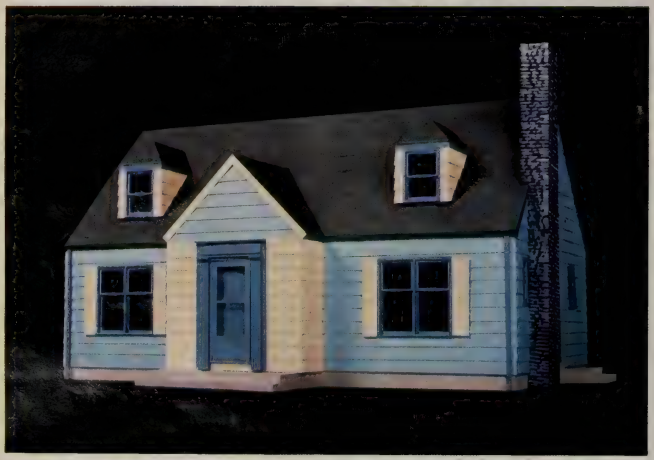
RESTYLE YOUR HOUSE WITH

PAINT

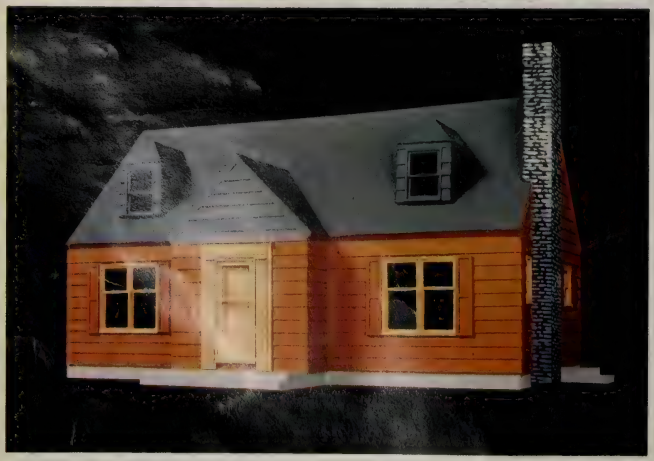


A SIMPLE STORY-AND-A-HALF

This little story-and-a-half has a Cape Cod ancestry that's augmented by a sentry box entry and hip (rather than gable) dormers. The paint treatment, though likable, is fairly standard, and a restyling could improve the home's basic lines. The principles we've used in our redos below can be applied to most story-and-a-half homes, with or without the sentry box or dormers.



Medium blue is a fresh choice for this style of house, but other colors with similar values—such as khaki green, medium brown, or subtle gold—would also be good choices. For a small house such as this, the trick is to add enough light- or dark-colored trim to relieve the monochromatic look without losing the impact of the body color of the house. We used a creamy yellow to highlight traditional features—the shutters, dormers, and sentry box—and then used a deeper blue to emphasize the front door. The dark door is framed with lighter trim, so your eye is drawn to the entry of the house.

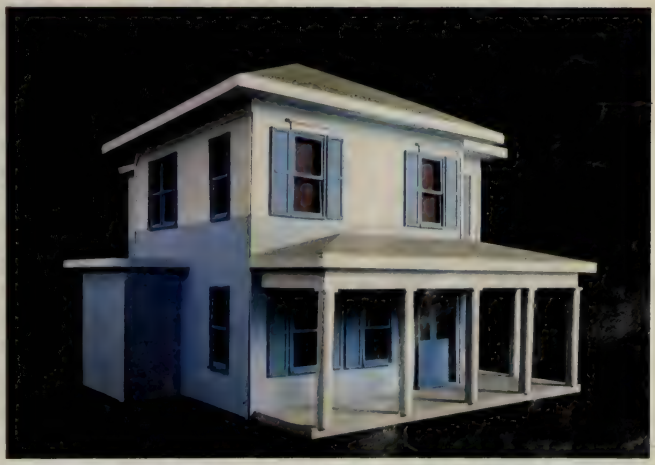


This alternative is just as effective as the first but makes use of completely different principles. The point of the sentry box (the section that follows the pitch of the roof) and the two dormers have been "painted out" with a color that comes as close to the roof color as possible. The dormers seem to blend into the roof, and the walls below become more important. The smart tan color scheme of the rest of the house unifies the facade and minimizes the front entry. This paint scheme works well, too, if you wish to camouflage unattractive architectural features, such as unevenly spaced windows or oddly proportioned dormers.

Decorative detail on rambling old houses like this turn-of-the-century Victorian can pose a challenge to inexperienced painters. This house, for example, has a wraparound front porch, extra-wide corner boards, and decorative lintels above the windows. Depending on the look you want, such features can be emphasized or minimized with simple paint tricks.



A VICTORIAN RAMBLER



This color scheme emphasizes the lower part of the house and draws your eye to the front door. The shutters and door are painted dark blue to attract attention, while other features of the house are minimized with lighter shades. The decorative lintels above the second-story windows, for example, are painted to blend right in with the siding. The use of three shades of blue unifies the house without making it look garish, as might happen if you used three unrelated colors. This kind of scheme works well when you wish to draw attention away from your home's less desirable or unusual features.



The second alternative brings out all the details in the architecture, from the fascia and corner boards to the columns on the porch. All the features that give the house its Victorian character are emphasized. This is the scheme to choose if you wish to play up the unusual or interesting details of your home. Our example got a new roof as part of its restyling, though this step makes sense only if the old roof is in questionable condition. Since the new roof is dark green, a lighter green was chosen for the siding and a muted yellow for the trim. Other likely colors for this house style are rosy brown or beige, burnt yellow or gold, and many shades of blue.

RESTYLE YOUR HOUSE WITH

PAINT



A STUCCO FARMHOUSE

It's a tradition: Farmhouses are painted white, and this one wears it well. But when a new paint job is needed, a bit of color will give the house pizzazz. Painting stucco is no problem, so the challenge in redoing this house is to bring out its character. This model, like our first example, has its styling problems: The flat-roofed addition to the left of the entry looks tacked on, and the bay window on the side of the house deserves more emphasis.



Who would have guessed that a traditional farmhouse could turn into this handsome English Tudor? The new detailing emphasizes the height of the house and cleverly blends in the addition. The bay window is more prominent, and the entry and upstairs dormer are more unified.

You can visually heighten your own house by painting the trim (fascia, corner boards, and overhangs) a dark color and the rest of the house light. This trick works no matter what style or size your house is. We repainted this house a light tan; you can experiment with lighter and darker variations. The trim pieces that create the Tudor look are just painted 1x4s nailed in place.



Here's the same house, scaled down with darker colors. We used dark gray on the second floor to play down the height of the house, then trimmed the first floor with the same dark color. By de-emphasizing the details of the top floor, we gave the first floor more importance. The shutters and window trim on the top floor could also have been "painted out" with the darker gray. Use this principle if you want your home to look low—because your landscaping is immature, for example, or your house sits too high on a rise.

A SUBURBAN SPLIT-LEVEL



The ever-popular subdivision split-level offers paint challenges, too. Without a distinctive scheme to unify the house, the split-level can look too sprawling. And a combination of pitched and shed roofs can cause problems, too. The half-level of this home is nicely unified with rows of multicolored brick, but the chocolate brown paint makes the house seem smaller than it is. And the lack of trim gives the home a plain Jane look.



Just a little lightening makes the house much livelier. The top level and sides of the house are still painted dark (we chose a redwood color), but the left section is lightened with pale gold. This type of color scheme helps you adjust proportions, too. The lighter section looks larger and more significant; the darker looks smaller and less dominant. Dark trim plays down the width of the unusually broad overhang and gives the bay window more prominence. Light trim, though, is needed for the shutters on the dark section of the house. The paint colors we chose go nicely with the brick on the lower level, but you needn't feel restricted to colors that blend perfectly with existing masonry.



Here we swung away from the earth tones of the brick and lightened up the whole facade with celery green. This color makes the house look bigger than either of the versions above, and the darker shade of trim adds plenty of interest. The darker trim color on the fascia of both sections of the house is important; it makes the house look unified and helps disguise the difference between the pitched and the flat roofs. If pale green had been used for the trim, too, the result would have been too bland.

FRONT YARD Gardening

By Beverly Garrett and Steven Coulter

If you're tired of growing just shrubs and grass in your front yard, why not give that area a face-lift? It doesn't take a lot of work to turn a run-of-the-mill entry into a front-rank garden. You can add color with a few well-placed pots of flowers or stretch a whole border of bloom along your driveway with mixed annuals and perennials. You can even grow fruits and vegetables out front. Let these street-side gardening ideas trigger your own beautification plans.



Photograph: William Hopkins. Field editor: Patricia Carpenter



Box your rhubarb

Dare to do the unexpected! Here, for example, the homeowner has rhubarb planted beneath a tree fronting the house. The rhubarb leaves form an excellent ground cover and are more interesting than the usual petunias or other blooming bedding plants.

Grow food up front

Vegetables and blooming plants coexist beautifully in this front yard garden that measures about 10x20 feet. Growing food in the front is especially appropriate if your back and side yards are shady or too small for good yields.

continued



Photograph: Patricia Carpenter



Photograph: Chuck Ashley. Landscape design: Jerry Alan Whiting. Field editor: Barbara Cathcart





Photographs: Fred Lyon. Designer: Rod Garrett. Field editor: Helen Heitkamp

Go native

For easy care and a natural look, plant your whole front yard with undemanding native shrubs, wildflowers, and hardy perennials. Enhance the informal effect by interspersing rocks between the plantings, then finish by covering all exposed soil with a bark or wood chip mulch to hold down weeds.

In this natural garden, *above, top,* perennial coreopsis produces shiny gold flowers.

Deck out for fun

You can incorporate outdoor living space into your front yard face-lift. These homeowners developed a private deck/dining area, *above,* that doubles as a children's play spot. And screening was added to help hide the area from the view of passersby.

The 13x21-foot deck extends from the front door with a trellis and screen composed of 2x6 joists, paired 2x6 beams, paired 2x4 posts, and 2x2 slats. The screen repeating this pattern stands eight feet out from the other end of the house. Sandwiched in the center is a sandbox pocket.

Ground cover and a 2½-foot berm planted with evergreens fill the space between the street and the addition.

Ivy geraniums, pink geraniums, and roses are planted along the foundation behind the screening, *above right.* The kitchen is located in the front of the house, so the deck is a handy outdoor dining area.

Add impact with color

A simple combination of plants and colors can be very effective. *At right,* low-growing dianthus, sweet william, and cottage pinks line a five-foot-wide walk made by alternating three-foot-wide strips of bricks with nine-inch strips of dichondra ground cover. The dichondra continues on the outsides of the 12-inch-wide flower strips. In cold climate areas, use vinca instead.

continued



Photograph: George de Gennaro. Field editor: Pauline Graves



Photograph: William Hopkins

Plant a grape screen

By planting grape vines, you can screen out the street and also enjoy an abundant harvest. Concord grapes on a pole and wire framework, *above*, shield two sides of this front yard vegetable garden from the view of passers-by. Bush squash edges the rows of bush beans. Plank paths prevent compacting of the double-dug garden soil.

Be adventuresome

Enliven your substitute for a lawn by picking plants of different heights and forms. This delightfully informal and colorful small garden bed, *right*, resulted when the homeowner set out "to make the area look like a meadow, with no empty spaces and a crazy mix of color and heights." A small tree forms a green backdrop for this rainbow of color.

Use flower power

You can duplicate the flower-filled look of an English cottage garden by massing bulbs and annuals in wide beds along the front walk. Or, if your lot is handkerchief-size, cultivate it all as a flower garden. Plant for a long season of color—tulips and daffodils for a spring show, and a bright mixture of annuals, *opposite*, for summer and fall flowers. In the winter, cover the beds with evergreen boughs or mulch.



Photograph: Fred Lyon. Field editor: Barbara Cathcart



Photograph: George de Gennaro. Landscape architect: Joseph Copp, Jr. Field editor: Pauline Graves



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CARS

Kim Garretson

UPDATE

Smoothing the way for fuel economy

The auto makers face a real challenge. Government regulations require that the fuel economy of all their 1985 models must average 27.5 mpg, a boost of almost 38 percent over the 1980 models' mileage. What will the auto makers do to reach that goal? They'll try to trim weight off almost every car component and reduce the friction of every part that moves—tires to fans to pumps. And the auto industry will also try to reduce another kind of friction—called aerodynamic drag, the friction of air hitting a moving car.

Aerodynamic drag? Just a few years ago, the importance of a smooth, drag-free airflow around bodies in motion was thought to be minimal except for airplanes and some race cars. But recent studies have shown that aerodynamic efficiency has some effect on fuel economy at speeds as low as 30 mph, definite effect at 40 mph, and substantial effect at 50 mph. In fact, more than half of the fuel consumed by a car's engine at a steady 50 mph goes to move air out of the way. The rule of thumb is that a ten-percent reduction in a car's wind drag improves fuel economy by two percent.

Improvements made already

Aerodynamic improvements are already apparent in many 1980 cars and trucks. General Motors cut drag up to 14 percent on its new, face-lifted 1980 full-size cars, and the front-drive X-cars introduced a year ago are some 24 percent more aerodynamically efficient than the larger compacts they replaced. Ford's redesigned Thunderbird, Mercury Cougar XR-7, and big Lincolns for 1980 are similarly streamlined, as are the current Mustang and Capri introduced in 1979. Chrysler, too, has made major aerodynamic improvements in its more recent products, and currently boasts the slipperiest U.S.-built automobile body—on the Dodge Omni 0-24 Rallye coupe and its Plymouth Horizon counterpart. And American Motors Design Vice-President Dick Teague says, "We're into it with both feet on all our car and truck engineering programs, including the Jeep line."

If you're driving a recently designed American car, chances are its aerodynamic design gives you an extra one or two miles per gallon. Of course, that fuel savings can be wiped out if you pile lots of luggage atop your vacation-bound car. And even open windows can cut fuel economy because they create some drag at highway speeds. Keep that in mind when someone calls air conditioning a fuel waster.

Where will you see improved aerodynamics in the future? Look for the overall shape of the cars to be less boxy, with rounded corners and angles. Also, some cars probably will appear to be angled lower toward the ground. Auto manufacturers are just beginning to consider aerodynamic improvements to the undercarriage—the maze of pipes, rods, boxes, and tanks that ride just above the road.

Electric cars by the mid-1980s?

Although electric cars have been around since the invention of the automobile, they've never really progressed beyond glorified golf carts. The principal reason these cars have failed to capture the public's interest is that their batteries are heavy and expensive and can power the cars only short distances. That drawback may shortly be overcome.

The most advanced experimental electric car yet unveiled is the ETV-1, a sleek, four-passenger subcompact jointly designed and developed under government contract by Chrysler and General Electric. But the car has a projected range of only 100 miles on one battery charge at speeds up to 45 mph with two aboard—and a much shorter range in stop-and-go driving or

continued

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- ½ cup chopped onion
- ½ teaspoon salt
- 2 cloves garlic, crushed
- 1 can (15 ounces) tomato sauce
- 1 teaspoon Italian seasoning
- 1 jar (4½ ounces) sliced mushrooms, drained
- ½ cup chopped green pepper
- 2 cups shredded mozzarella cheese (about 8 ounces)

Heat oven to 425°. Lightly grease jelly roll pan, 15½ x 10½ x 1 inch, or cookie sheet. Mix baking mix and water until soft dough forms. Gently smooth dough into ball on floured surface. Knead 20 times. Pat dough on bottom and up sides of pan with floured hands. Or roll into rectangle, 13 x 10 inches, and place on cookie sheet; pinch edges of rectangle, forming ¾-inch rim.

Cook and stir ground beef, onion, salt and garlic until beef is brown; drain. Mix tomato sauce and Italian seasoning; spread evenly over dough. Spoon beef mixture evenly over sauce. Top with mushrooms, green pepper and cheese. Bake until crust is golden brown, about 20 minutes. 8 servings.

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continued

Cars update

at speeds of 55-60 mph.

Recharging time for all experimental models ranges from an hour or so to overnight, depending on the system used. That means any sort of cross-country travel in production models of these cars would be highly inconvenient at best.

A breakthrough in batteries

A number of companies are deep into research to develop cheaper, lighter, more powerful batteries. Recently General Motors announced what was termed a technological "breakthrough"—a practical zinc-nickel oxide battery that can store more than twice the energy of the conventional lead-acid type, pound for pound.

E. M. Estes, president of General Motors, says a great deal of development is still needed on electric motors and other components, as well as batteries. The company hopes to be in the electric vehicle business by the mid-1980s with either small urban/commuter cars or intracity delivery vans. Whichever, the initial versions are expected to have a top speed of around 50 mph, a 100-mile range, and a battery life of about 30,000 miles.

Other promising prototype vehicles have been built by concerns such as the Copper Development Association and battery maker Globe Union Corp., but they remain just that—prototypes for development and demonstration purposes only.

Probably the first publicly available electric family-size car, in fact, will be a $15,000 luxury model called the "Silver Volt." The Electric Auto Corporation hopes to begin building the car at the rate of 5,000 per year (probably in Puerto Rico) sometime in 1981.

The car will have a small, gas-powered auxiliary engine to run accessories and provide some recharging, and will be able to go only about 100 miles on a charge at normal speeds. A new $1,800 battery pack will be needed every 35,000 miles or so.

The future of diesels

Thanks to ever-increasing gasoline prices, today's diesel engine options

continued

continued

Cars update

for new cars are in such demand that many potential buyers are being turned away. If you're thinking about buying a diesel-powered car, you should know that they may be even tougher to buy this fall. Instead of more new diesel models, the trend of the last couple of years, there may be fewer for 1981. It's not that the auto makers don't like diesels; their 25-percent increase in fuel economy over gasoline-powered cars of the same size is helping auto makers meet the government's demand that they make more fuel-efficient cars.

What's holding the auto makers back? The biggest deterrent is the possibility that some elements of a diesel's exhaust may pose a health hazard. For this reason, the Environmental Protection Agency has set new lower levels for the emissions allowed from diesel engines. The EPA regulates four types of automobile emissions: carbon monoxide, hydrocarbons, and nitrous oxides—all gases that contribute to air pollution—and particulates, tiny bits of unburned carbon and other matter.

Diesels produce less carbon monoxide and hydrocarbon emissions than gasoline engines do. In fact, diesels don't even require the expensive catalytic converters that gasoline engines must use to reduce these wastes. But diesels do emit more nitrous oxides (NOx) and particulates than gasoline engines do, and the particulates may be carcinogenic.

The auto makers say the 1981 NOx standards (and even tougher 1983 standards) are too strict and will be impossible to meet in the specified time. Furthermore, auto makers say, engine controls required to meet the NOx standards would significantly increase particulate emissions. Because of these objections, the manufacturers have been petitioning the EPA to postpone standards. As of January 1, three auto makers have obtained two-year waivers on the NOx standards on five diesel engines, three offered by Mercedes Benz, one to be offered by Volvo this fall, and the 5.7-liter diesel engine now offered in several General Motors cars and trucks. Thirteen other diesel engines submitted by these manufacturers and by Volkswagen and Peugeot were denied waivers at the same time. Some of these engines may yet receive passing marks this year when they're resubmitted to the EPA.

In announcing the waivers, EPA Director Douglas P. Costle said: "I am particularly concerned about particulate emissions because of the very small size of these particulates, which animal studies have shown to be inhaled deeply in the lungs and to remain there for extended periods of time. Also, experiments suggest that organic substances in the particulate may be cancer-causing."

Some auto industry spokesmen are challenging the EPA standards on the grounds that it has not yet been proved that diesel emissions pose a health hazard. Dr. Craig Marks, executive director of GM's Environmental Activities Staff, says that GM researchers are at work investigating any potential health hazards of diesel emissions. "The only credible data to date that I know of," he says, "is from England, where they've studied people who have

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continued

Cars update

worked in diesel bus garages going back 30 years . . . and they found no problem, no indication that the incidence of lung cancer or anything else is any higher." Other independent studies of diesel emissions also are under way, but no conclusive findings have been released as yet.

Do gas-saving devices work?

In many cases, the answer is "No." The Environmental Protection Agency recently tested about 50 add-on gas-saving devices and substances and found that none saved a significant amount of gas.

Nevertheless, about 100 devices now on the market are widely advertised as low-cost ways to cut your car's gas consumption. Often the ads are accompanied by testimonials from consumers who claim they have saved fuel by using the devices. The Federal Trade Commission says the testimonials are deceptive because few consumers have the equipment to accurately determine a change in gas mileage. Variables that the consumer probably can't control, like traffic conditions, average speeds, and the condition of the engine, cloud the credibility of these claims. In fact, the FTC found that one consumer whose letter was used as a testimonial had bought a complete engine tune-up at the same time a gas-saving device was installed. The tune-up could account for the entire increase in gas mileage. Also, the FTC reports that no government agency has endorsed any gas-saving device.

Devices tested by the EPA fall into nine categories: 1. Air Bleed. 2. Vapor Air Bleed. 3. Carburetor/Intake Manifold. 4. Intake System. 5. Fuel Pressure Regulator. 6. Ignition Control. 7. Add-on Exhaust Gas Recirculation System. 8. Fuel Additive. 9. Crankcase Lubricant.

The EPA did not conduct durability tests on the devices so the long-term effects on car engines is not known. In its report on the tests, the FTC said that use of the devices possibly may harm an engine or cut performance.

—Gary Witzenburg

THE SEA LEVEL EAGLE IS...

The spectacular American Eagle works on many levels. In rain through mud, on sand, for fun. Even towing is smooth sailing with Eagle's automatic 4-wheel drive.

In fact, uphill, downhill, or on the level, Eagle's 4-wheel drive automatically directs power for traction when and where you need it most. So you can enjoy a higher level of confidence that you and your friends will get wherever you're going.



THE SKI LEVEL EAGLE.



On another level, Eagle is ideal for plowing through heavy snow. With the traction of its 4-wheel drive, Eagle can go where others fear to tread.

And Eagle not only gives you the feeling of stability that comes from four wheels working together. It gives you the unique experience of enjoying that feeling in a roomy, smooth riding automobile with independent front suspension. An automobile that's attractive by any standard, on any level.

Test drive an American Motors Eagle—2-door, 4-door or wagon model.

Get to know the beauty of 4-wheel drive.

BUYER PROTECTION PLAN®

THE BEST PLAN AVAILABLE AT NO EXTRA COST—Because only American Motors covers each part except tires. Even if it just wears out.†

EXCLUSIVE FULL 5 YEAR NO RUST-THRU WARRANTY"*—This is proof of the confidence we have in our Ziebart® Factory Rust Protection.*

FULL 12-MONTH/12,000-MILE WARRANTY—Only American Motors offers this. No extra cost.

LOANER CAR—If we have to keep your car overnight for warranty repairs, you'll get a free loaner car until yours is ready.

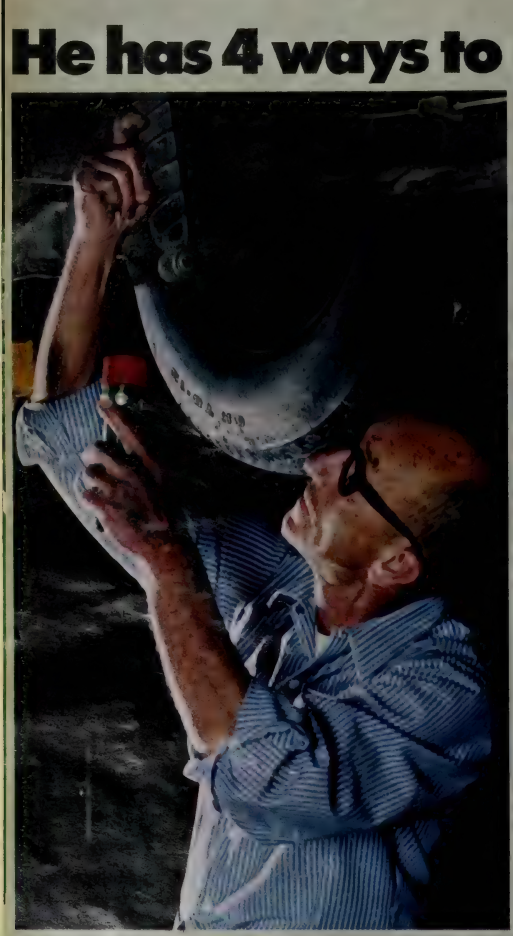
†Aluminized exhaust system warranted for 12 months/12,000 miles.
Ziebart is a registered trademark of Ziebart International Corporation.

*See your dealer for full warranty and rust-program details.

THE EAGLE HAS LANDED ...ON ALL FOURS. AMERICAN MOTORS

MR. GOO

He has 4 ways to give your GM car



If your car gives you a bouncing ride, if the body sways from side-to-side, or if the front end of your car dips excessively when you apply the brakes, you could need new shock absorbers. See Mr. Goodwrench. And ask for genuine GM replacement shocks—the kind designed especially for your General Motors car.



If you tow a boat or a trailer—or carry heavy loads in the back seat or the trunk of your car, you should ask Mr. Goodwrench to install a set of GM air shocks to help keep your car level. Or, if you do a lot of hard driving over rugged roads, you may prefer GM heavy-duty replacement shocks. They're designed for extra shock control and toughness.

WRENCH

a better ride. And baby, too.





A front-end alignment by Mr. Goodwrench can reduce drag and save gas. It also reduces tire wear. Just see Mr. Goodwrench. He's the professional service technician at more than 5,400 independent GM dealers participating in the Mr. Goodwrench program.

Traveling with a child? Give the comfort and security of a General Motors Love Seat. Designed by GM professional safety engineers, they're available for infants—and also for babies up to 40 pounds. So for a better ride for you—and for baby too—see Mr. Goodwrench.

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

AT PARTICIPATING INDEPENDENT CHEVROLET, PONTIAC, OLDSMOBILE, BUICK, CADILLAC, GMC AND CHEVY TRUCK DEALERS.

Caring for CASUAL FURNITURE

Today's casual furniture is designed for year-round use, indoors and out (see our color story beginning on page 102). But to perform this nonstop service creditably, the furniture must be kept in tip-top condition through regular commonsense care.

Most outdoor furniture will respond to a good scrubbing with a mild detergent and water solution. Usually, however, some special treatment is also required. Here are some hints to help you choose the right care for all your casual furniture and accessories.

Aluminum

Aluminum furniture made today is rustproof. However, if your aluminum furniture was made several years ago, it may show signs of oxidation or rust. To remove this, brush a jelly cleaner on the metal and hose the cleaner away after a few minutes.

Protect the aluminum surface by spraying with clear lacquer. This finish will not be long-lasting outdoors, so you may have to spray two or three times during a summer.

If unpainted aluminum is merely dull, dip fine steel wool in kerosene and rub the metal until it looks satiny. Then wipe with a clean cloth. Be sure the kerosene does not touch straps, webbing, or other upholstery material.

Color-coated aluminum (as well as straps, webbing, or cord) should be washed with a mild detergent solution and then rinsed. Apply automotive paste wax to frames after cleaning.

If a rivet is loose, you can tighten it by holding a hammer against the head of the rivet and tapping the other end with a second hammer.

Wrought iron

Rust is the biggest problem with wrought iron. Unfortunately, you can't remove it by sanding lightly and covering the surface with paint. Rust will return unless you remove the rust



pockets right down to the bare metal.

To remove rust, rub the area with a stiff wire brush, then sand with coarse steel wool. If the rust has penetrated deeply, you may have to use a file to remove the rough ridges of rust.

Use a stiff toothbrush to clean leaf and flower ornamentation and grooves.

If your wrought-iron furniture needs repainting, use a good exterior oil enamel. Its glossy finish will shed dirt and dust quickly and won't absorb moisture.

Broken or loose wrought-iron joints can be repaired with epoxy cement. It will hold the metal almost as securely as welding, if you carefully follow the directions on the package.

Wood furniture

Redwood is a favorite for outdoor use because of its natural ability to withstand the elements. However, it's still a good idea to apply one or two coats of preservative to keep out some of the moisture. The preservative also will keep the redwood's soft buckskin-tan color from darkening.

Before applying the preservative, be sure the wood surfaces are clean. Scrub the furniture pieces with detergent, rinse well, and let them dry thoroughly. Grease or soot stains usually can be removed from redwood furniture by washing with a mixture of one cup of trisodium phosphate and one cup of household bleach to a gallon of water.

Examine joints and replace any bolts and screws that have broken or worked loose.

Check the hangtags, if you saved them, to see if your redwood furniture was stained, then waxed for protection before it left the factory. In that event, all the furniture requires is a wipe-down with a damp sponge.

Other wood

Most other wood furniture, even though it's called casual or summer furniture, is not meant for outdoor use. However, the famous director's chair (the folding armchair with canvas sling back and seat) will stand up outdoors for a few years. Usually the chair has a framework of oak that has been painted or heavily varnished.

Canvas replacements for back and seat are available through mail-order houses, department stores, and specialty stores. The canvas simply slides into grooves at each side of the seat and loops over two back spindles.

Basket furniture

Wicker is a fragile natural fiber that should never be used outdoors, except on a sheltered porch or covered patio. Rain and direct sunshine will make even the best quality wicker look shabby in a year. Inexpensive wicker will begin to come apart in a few months. The same is true of rattan, peel cane,

continued



What nature started, we finish beautifully.





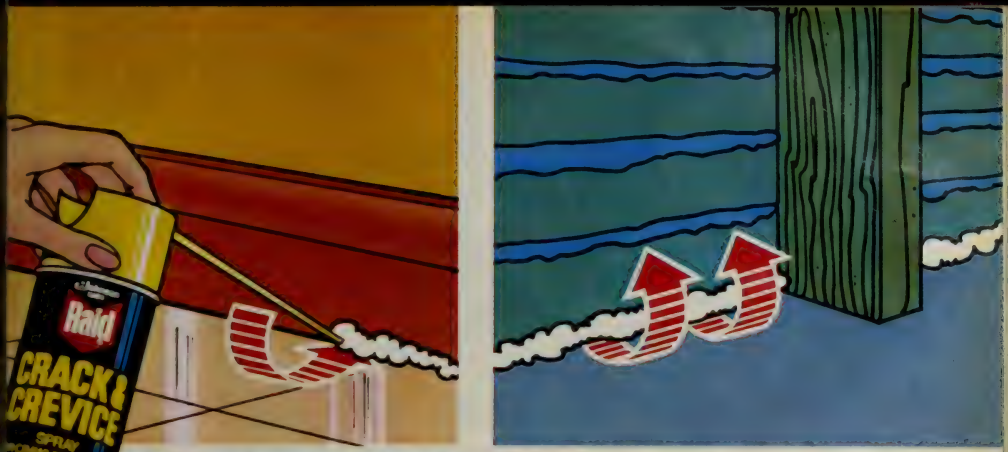


Our Tamarin Bay collection is an exquisite example of Burlington fine furniture making: solid oak accentuated with inlays of oak veneers, imported wicker and olive ash burl. Each piece is hand rubbed and hand waxed. In fact, we use up to 18 hand-finishing processes.

Like all Burlington furniture, Tamarin Bay has been constructed to last many lifetimes. You'll find Tamarin Bay, along with other Burlington Furnjture collections wherever fine furniture is sold.

For further information, write to Burlington Furniture, a division of Burlington Industries, P.O. Box 907, Dept. A3, Lexington, North Carolina 27292.

Furniture made better by Burlington.



New Raid Crack & Crevice Spray kills crawling bugs where they hide!

Raid's unique extension wand does it. It lets you shoot a powerful bug-killing foam into places bugs can hide – under baseboards, behind counters, between appliances. The hard-to-reach places you couldn't spray before.

And once inside, Raid Crack & Crevice Spray keeps on killing roaches dead for up to 60 days.

Johnson wax

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continued

Casual furniture

bamboo, and other tropical natural fibers often used to make casual furniture and accessories.

Don't hose off wicker furniture, no matter what the store salesman may have told you. It is true that wicker needs some moisture and will tend to become brittle if the fibers get too dry. But that can be prevented by a wipe-off with a damp cloth whenever the wicker seems to need moisture.

Use the vacuum cleaner brush attachment to remove dust; use an air-hose sprayer (without paint inside) to blow dirt out of crevices. Clean the furniture with a soapy sponge, then rinse and wipe dry. Rub on liquid furniture wax for sheen and protection.

Small breaks in wicker can be repaired with a plastic resin or waterproof glue. Simply apply the glue to the area around the break, cover on both sides with waxed paper, and clamp the broken pieces together with a clothespin for 24 hours.

Structural damage can be repaired with braces, but this is usually a professional job, unless you're uncommonly handy.

Painted wicker can be stripped with paint remover, if you're up to a long, hard job. However, having the piece professionally stripped in a paint-removing vat isn't advisable, as the solution may damage the fiber.

Always use spray paint or lacquer when you want to repaint wicker.

Cushions

Upholstery on some outdoor furniture has specially sealed seams to make it waterproof. The filling also may be resistant to moisture.

Most cushions, however, will deteriorate if they're rain-soaked often, so either bring them in at night or tuck them under a waterproof covering.

Wipe cushions with a damp sponge once a week. If they're stained with suntan oil or spilled food, scrub them with a detergent solution and rinse well to keep mildew from forming.

Backyard accessories

Don't forget to include your umbrella and hammock in your casual furniture cleanup. Even if they're plastic, their fibers have probably collected a surprising amount of soil.

Usually the surface will come clean with a good scrubbing, but if the umbrella is too soiled, you may need to use an auto vinyl-top cleaner.

Wash the fringe of the umbrella with sudsy water and hose it clean.

Always dry your umbrella in an open position. Close it during heavy rains or high winds, but open it as soon as the storm is over, so dirt won't collect in the folds. Hose the umbrella now and then to keep it looking clean.

If the fabric of your hammock is detachable and made of sunfast polyester, as many models are, it can be machine-washed. Put it back on the stand to prevent wrinkling as it dries.

Winter care

All outdoor furniture, even redwood, should be brought indoors during the cold winter months.

True Value
HARDWARE STORES

WIN A TRIP to a GARDEN SPOT of AMERICA

The "Win A Trip" Grand Prize is a one-week trip for two including deluxe hotel accommodations and first class air fare to one of America's Garden Spots. Select any location for a one-week trip of your choice (within the United States) total value not to exceed $2,500.



Hi, Pat Summerall with some exciting news from your True Value Hardware Stores. First of all, just for bringing in and presenting the Entry Coupon below, your participating True Value Hardware Store will give you a free packet of flower or vegetable seeds.



Then, to enter the exciting "Win a Trip to a Garden Spot of America" Sweepstakes, deposit your Entry Coupon in the Entry Deposit Box. You may win a trip for two to one of America's garden spots, one of these 18 fantastic prizes offered by participating manufacturers featured on these pages or one of 1,000 $10 True Value Hardware Store Gift Certificates.

While you're at your True Value Hardware Store, take a look at what True Value can do to help make *your* home the garden spot of your neighborhood.

True Value

FREE PACKET OF FLOWER OR VEGETABLE SEEDS
One to a customer 35¢ VALUE SEEDS

Free seed offer void where prohibited, taxed or otherwise restricted by law. Offer good while supply lasts. Limit one seed packet per customer. Offer begins March 15, 1980 and expires May 31, 1980.

Fill out this Entry Coupon and bring to your participating True Value Hardware Store to receive your free packet of seeds. Then, drop it in the Entry Deposit Box at the store and you'll be eligible to "Win a Trip to a Garden Spot of America" or one of over 1,000 other prizes.

True Value WIN A TRIP to a GARDEN SPOT of AMERICA

Win a Trip to a Garden Spot of America Sweepstakes Official Rules:

1. To enter, hand print your name and address and the words, True Value Win a Trip to a Garden Spot of America Sweepstakes on the official entry blank or on a 3"x5" piece of paper, and deposit in the official entry box at any participating True Value Hardware Store. Mechanical reproductions of the entry blank are not permitted and will be ineligible if drawn.

2. NO PURCHASE NECESSARY. Enter as often as you like. Entry must be postmarked no later than March 15, 1980 and before May [illegible], 1980.

3. Winners will be selected in a random drawing conducted by H. Olsen & Co., an independent judging organization, whose decision will be final. All 1,011 prizes, worth approximately $15,000, will be awarded. Odds of winning depend upon number of entries. Approximately 5,000 True Value Hardware Stores will be participating in the continental United States, Hawaii and Alaska.

4. Sweepstakes open to all residents of the U.S.A. including Florida, except employees and their immediate families of Cotter & Company, True Value Hardware Stores, their advertising agencies, and H. Olsen & Co. Residents of Ohio only, may enter by sending their entries to Garden Spot Sweepstakes, P.O. Box MM, Chicago, Illinois 60677. Entries must be postmarked no later than May 31, 1980 and received by June 9, 1980. Void wherever prohibited or restricted by law.

5. All entries become the property of Cotter & Company and none will be returned. Winners will be notified by mail. Major prize winners will be required to provide a release. Only one prize per household. No substitution of prizes will be allowed. No cash redemptions will be made. Taxes on prizes are the responsibility of the winners.

6. Winners list available upon request. Send self-addressed, stamped envelope to Win a Trip to a Garden Spot of America Sweepstakes Winners P.O. Box CC Chicago, Illinois 60677

Name_____

Address_____





Rubbermaid Three beautiful planters—two in weathered wood design (8½"x8¼", 12"x10") and one in ceramic design (12"x10½"). Removable, matching saucers prevent overwatering, protect floor, carpet. . . . . **$2.99, $5.99, $3.99** respectively.
("Win A Trip" Prize #15. Plus a $10 True Value Gift Certificate)

G&B **Gilbert & Benne**
PICK-IT GARD
and protects your flowers
vinyl coated in a 16" x
. . . . . .
TOMATO GARD. One roll
18" diameter, 48" high
Simple to erect. . . . . .
("Win A Trip" Prize #18. Pl
True Value Gift Certificate)





NELSON Dial-A-Rain Sprinkler eliminates puddling and insures uniform coverage. Adjusts to 20 watering positions, operates on low water pressure. Maximum coverage of 3500 sq. ft. **$21.88**
("Win A Trip" Prize #11. Plus a $10 True Value Gift Certificate)

RAIN BIRD Impulse
features full circle or pa
coverage up to 85' diame
cision Jet PJ* spray guid
inates side and backs
conserves water. Adjustabl
tor. . . . . .
("Win A Trip" Prize #17. Pl
True Value Gift Certificate)





SWAN HOSE DIVISION **Swan** 50' hose features the exclusive industrial-style Flex-Action™ reinforcement to keep fibers taut for maximum tensile strength. Specially compounded to keep the hose flexible in cold and hot temperatures. Solid brass couplings; ⅝" inside diameter. **$12.99**
("Win A Trip" Prize #13. Plus a $10 True Value Gift Certificate)

TEKNOR APEX The 5
aloy Super Flexible Gard
with THUMTHING for e
easy-off coupling is kink-f
and scuff-proof. ⅝" inside
Perfect for boats, recre
vehicles. Flexible even
temperatures. . . . . .
("Win A Trip" Prize #14. Pl
True Value Gift Certificate)

OBSEN 21" Self-Pro- super-Bagger Rotary Mower rge 3-bushel capacity and detachable bag. Features Twist Grip™ and handle- d throttle. $324.95
Trip" Prize #2)

ELITE Lightweight, string converts to power blower ching the 4 oz. blower. Two ools in one! Perfect for clear- dewalks of leaves, grass $114.95
Trip" Prize #5)

Five h.p. tiller 26" tilling 6 bolo tine blades. Handle- just 5". Features three con- n handle. Reverse control to neutral when released $299.88
Trip" Prize #3)

CHIEF 20" 3½ h.p. rotary with cushioned-grip, 4-posi- ndle with mounted controls, ull vertical starter. Handle assembled, folds for storage $139.99
Trip" Prize #6)



. Rocket® Anvil uner—vinyl grip. . . $5.66 Duty Lawn Rake with 22 empered steel teeth. . $5.99 e® Round Point Dirt Shovel " handle. . . . . $9.44 Trip" Prize #12. Plus a $10 lue Gift Certificate)



Disston Dual Power Shrub Trimmer features the best of both worlds. Use with or without cord $44.88
Cordless grass shear with PowerCut™ hardened steel blades for a clean cut, long life. $16.44
("Win A Trip" Prize #9)



Black & Decker Electric edge trencher has 8" blade to cut neat ¾"trench. $59.88 Shrub and Hedge Trimmer features 16" double-edge reciprocating blades to give 3000 cutting strokes per minute. $28.99
("Win A Trip" Prize #7)



WEED EATER Electric trimme with 16" cutting path trims an edges—a perfect tool for average t large size lawns. Features Tap-N Go™ line advance and Weed Eater dependable quality. $59.9
("Win A Trip" Prize #8)



WEED-B-GON Lawn Weed Killer M. Kills 37 types of One qt. . . . . $4.99 ex Rose Disease Control. ottle. . . . . $3.98 ON Insect Spray multi-use ide. One pint. . . . . $5.98 Trip" Prize #16. Plus a $10 lue Gift Certificate)



Jobe's Tree & Shrub Spikes contain the right fertilizer to help trees grow bigger. $2.77
Evergreen Spikes contain balanced fertilizer to give evergreens all the nourishment they need. $2.77
("Win A Trip" Prize #19. Plus a $10 True Value Gift Certificate)



hudson Stainless Steel Favorite Garden Sprayer has an over-size pump, extra-long hose spray extension with Roto-spray™ nozzle for spraying all parts of plants for better results. Instant on-off. Convenient 2-gallon size. $39.99
("Win A Trip" Prize #10)



McCULLOCH 14" chain saw witl 2.1 cubic inch engine features Anti Vibration system to make prolonge cutting more comfortable and Solic State Electronic Ignition for easie starts. $149.5
("Win A Trip" Prize #4)

Margaret Daly

Ins and outs of Children's bank accounts

Setting up a bank account for a child can have several advantages, from encouraging systematic savings to teaching cash flow management. Certain kinds of accounts may bring tax savings as well.

Specific rules govern specific kinds of accounts for minors; an attorney or your bank can tell you what the rules are in your state. In general, the law says that a minor child can hold any kind of bank account in his or her own name and make deposits and withdrawals without parental permission. You, as a parent, are only the natural guardian of the child. To obtain legal control over the youngster's property, you generally must have yourself appointed *legal guardian* by the court.

You could, of course, control a savings account unofficially by keeping the passbook. However, unless there's a legal guardian, the bank would not be held liable if it were to allow the child to withdraw funds from the account. What's more, the government might disallow any tax savings you were seeking when you opened the account.

It's important, therefore, to decide why you want to set up a particular account for the child and whether you are willing to relinquish control of the funds in order to accomplish other objectives. Here are some of the possibilities to consider:

Individual account in the child's name

This must be handled as an outright gift. Whatever money you deposit belongs to the child irrevocably. You have no control over the account—unless you have been appointed legal guardian of the child or are hanging on to the passbook (with the attendant risks mentioned above). Income taxes on the interest are charged to the youngster instead of you, however. Unless the child has a significant amount of other income, the tax may be minimal or nothing. As a result, the interest earned in the account compounds more rapidly than if you had to withdraw some cash from the account in order to pay taxes figured at your higher income bracket.

Joint account in the names of an adult and a minor child

Either owner can make withdrawals, even though the adult has made all the deposits. Taxes on the interest earned generally will be paid by the adult. Some banks will not accept such an account, incidentally.

Custodial account under the Uniform Gifts to Minors act

Because it gives the parent a significant tax advantage and some control over the funds until the youngster reaches adulthood, this type of account is a popular way to accumulate money for college or any other purpose benefiting the child. You open the account in the child's name; you or some other adult is named custodian. The money belongs to the child, but the custodian controls it until the child reaches majority age (18 to 21, depending upon the state), when the funds become his or hers. Throughout, the interest is credited to the child, not to the parent or other donor, so the income tax advantages are similar to those described above with the individual account in the child's name.

Trust account

In most states, you can open an account "in trust for" your child in your name with the child as the beneficiary. The account is "revocable"; you have complete control of the money, and the child cannot get at it until he or she reaches the age of majority stipulated by your state. You must pay taxes on the income, and the entire amount will be part of your taxable estate. The main advantage: upon your death, the money goes direct to the beneficiary.

An alternative to the "in trust for" account could be an "irrevocable" trust, which means you give up all control of the money. The trust may be set up to keep the money out of the child's hands until age 21 or some other specified age, but to allow the trustee to make withdrawals for the child's benefit before then. You are not taxed on the trust income, nor are the trust assets part of your taxable estate.

Most good-sized banks will allow you to open a revocable "in trust for" account routinely; smaller banks may require a lawyer. To set up an irrevocable trust, you'll probably need the counsel of an attorney.

Guardianship account

This is suitable if you have been appointed legal guardian or want to make an "irrevocable" gift to a child under the control of a legal guardian. The guardian can make withdrawals, with the court's consent, until the child becomes of age. The account may then be transferred to the youngster.

What about checking accounts?

State laws and individual bank policies dictate at what age—even infancy—a youngster must be to hold a checking account. You may be required to make it a joint account, so you would be liable in case checks bounced. If it's an interest-bearing ("NOW") checking account, you as the adult joint owner would pay the taxes. But if the NOW account is just in the youngster's name, he or she would pay the taxes.

What about gift taxes?

If you plan to deposit more than $3,000 ($6,000 with a spouse) into a minor's account within a year, you may have to pay taxes on the gift above those amounts. Check with your banker or lawyer.



BECAUSE the cork is the guardian of the wine, the corksmith judges the quality choosing only the finest straight-grained Portuguese cork to protect our crisp French Colombard. Every step we take, we take with care because THE WINE REMEMBERS

THE WINERY OF
ERNEST & JULIO
GALLO



French Colombard of Calif.
Ernest & Julio Gallo, Modesto, CA

The smooth taste you want in one incredible light.

KOOL SUPER LIGHTS

- A light menthol blend.
- Only 7mg. 'tar.'
- An incredibly smooth taste.



At 7 mg. 'tar' we are lighter than all these.



16 mg. [illegible] 11 mg. 'tar' 8 mg. 'tar'

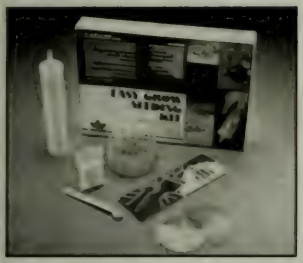
Kings, 7 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kim Garretson

Good News

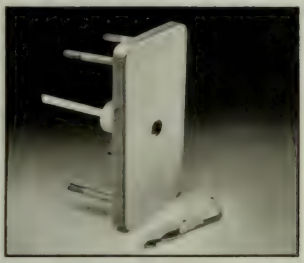
Seed starter for gardeners



Are you itching to get going on your garden even though the soil is still chilly and there's a threat of frost? Just germinate your seeds in this kit's transparent gel mixture now, and you'll be planting in a few days. When the seeds have germinated in the sprouting dishes, you fill a squeeze bottle with the gel mixture and sprouted seeds, then plant by squeezing out a bead down the row. The gel will insulate the seeds against cold soil.

Easy Grow Seeding Kit, about $5. Carefree Garden Co., 738 Town Rd., West Chicago, Ill. 60185.

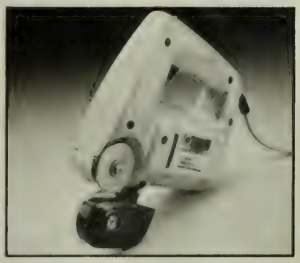
Super security lock



A dead bolt lock is no real challenge to the skilled criminal; if he can't pick it, he'll simply chisel or pry out the locking cylinder. But he can't pick or pry out this device. It replaces the standard locking cylinder with a cylinder protected by a multilayered metal plate that's almost impenetrable. The device works with any standard dead bolt lock. The three four-edged keys provided are the only ones that can unlock the door.

Securim, about $70 (uninstalled), Fichet, Box 92, Halesite, N.Y. 11743.

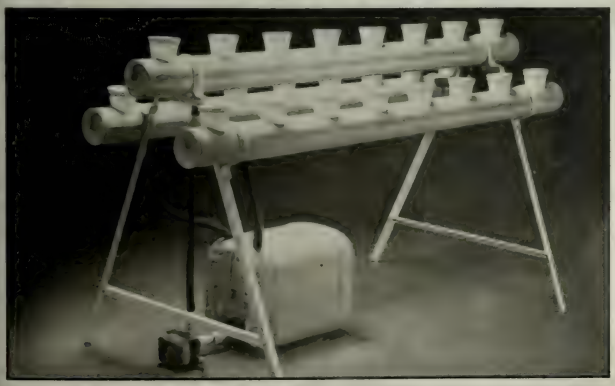
Slick power cutter



Now you can toss out those tiresome shears and blades you use to cut through tough stuff like carpet, linoleum, leather, sheet metal, shingles, and fiber glass insulation. This rotary power cutter will glide like butter through most tough materials. Two counter-rotating steel blades pull in the material to be cut and neatly shear it; hit a reversing switch, and the tool backs out of blind cuts or releases thick materials.

Rotary Power Cutter, about $50. Black and Decker, 701 E. Joppa Rd., Towson, Maryland 21204.

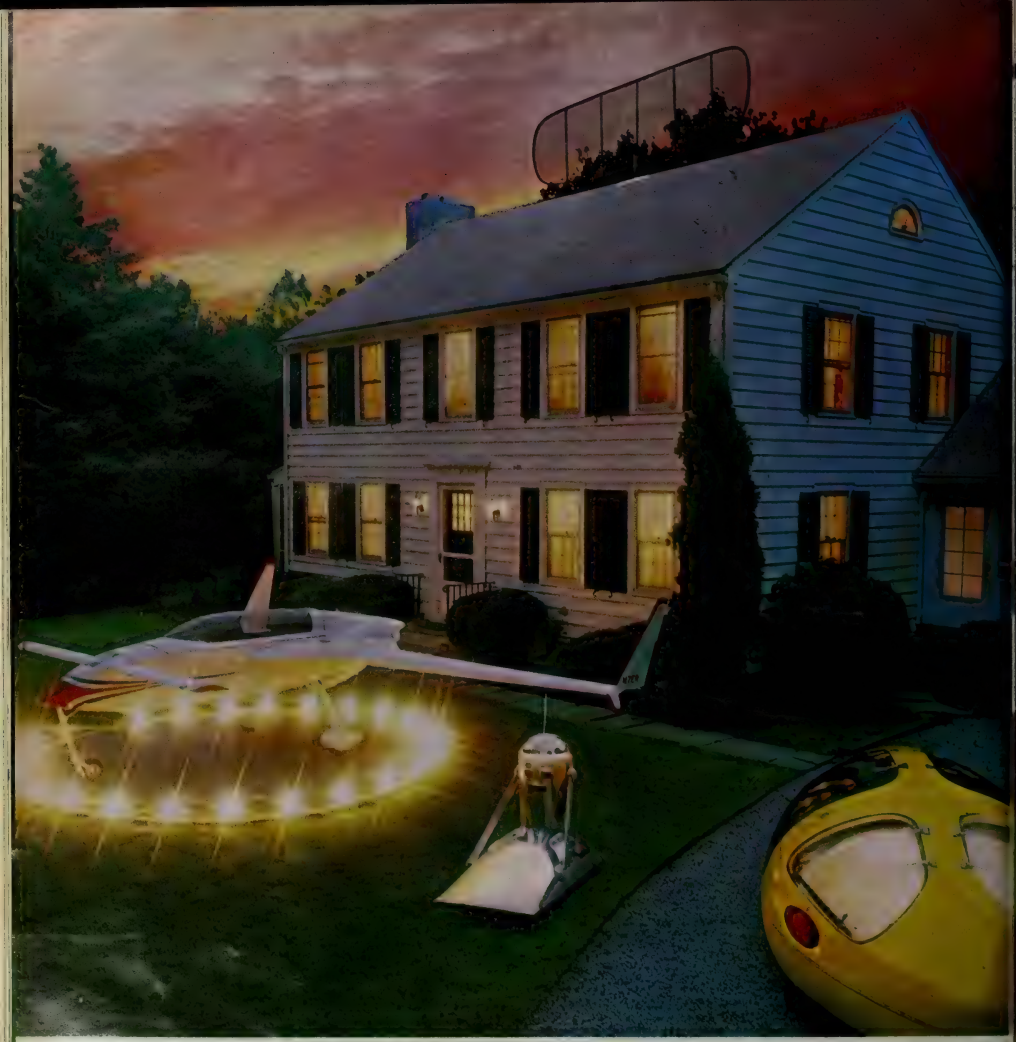
Fruit and vegetable "factory"



With this product, you can grow fruits and vegetables with no digging, weeding, watering, cultivating, fertilizing, or other effort on your part. The electric pump and reservoir on the ground keep the plants in the planter pots supplied with water, nutrients, and oxygen. You can grow most popular garden vegetables, and even flowers, in the five-foot-long device. All that's required of you is to refill the water and nutrient tank once a week. Besides this model, five other sizes are available.

Vegetron, about $170. Geo. W. Park Seed Co., Inc., P.O. Box 31, Greenwood, S.C. 29647.

continued



Owens-Corning Fiberglas Roofing Shingles. Guaranteed protection into the 21st century.

When the warranty on most ordinary shingles has expired, the warranty on Owens-Corning Fiberglas* shingles still has years to run.

Why? Because they're Fiberglas shingles.

They won't absorb moisture. So they won't curl. Won't blister. Won't buckle.

And they've got 20% more weatherproofing material.

That's why they'll still be keeping your house dry, even when the 21st century has arrived. It says so right in the Owens-Corning limited warranty, which is prorated on the basis of age and replacement cost for the original owner.

They also come with a U.L. Class-A fire rating—the very highest rating in the industry.

It's your house. It's your money. So speak up and ask for the shingles that last. And last. And then last some more.

Owens-Corning Fiberglas shingles.

For more information, write I. K. Meeks, Owens-Corning Fiberglas Corp., Fiberglas Tower, Toledo, Ohio 43659.

OWENS/CORNING FIBERGLAS

*T.M. O.-C.F. Corp.
© O.-C.F. Corp. 1980

Good News

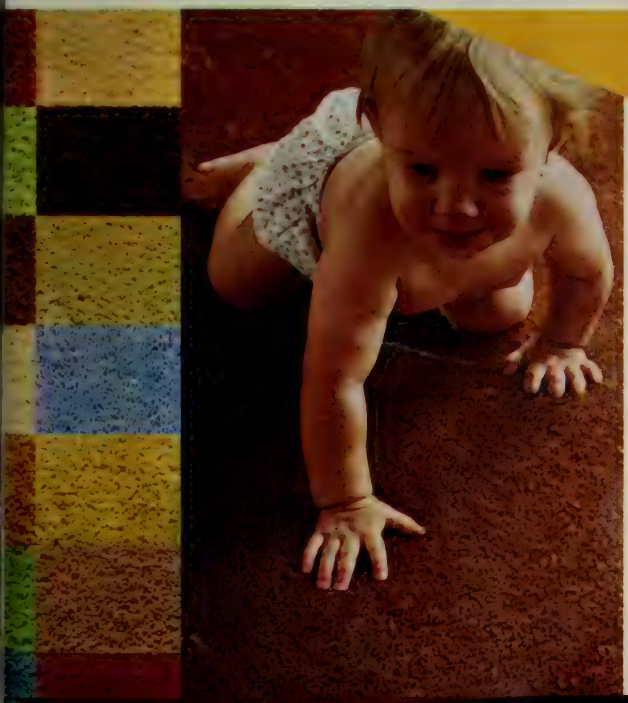
Three-in-one bed group



How can you fit three kids into one bedroom and still make it livable? This bed group is one excellent solution. The two lower beds fit under one another and the permanent upper bed to form a three-level rumpus spot. When it's bedtime, the lower beds roll out on casters to be placed around the room. A bonus is the unit's two-way storage: A door conceals a large storage area under the upper bed, and a three-drawer chest is built into the end of the bed.

Rap 'n' Nap Three-Bed Group, about $530 (includes three mattress boards but no mattresses). Sears, Roebuck & Co., Desk 40-19, Sears Tower, Chicago, Ill. 60684.

Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.



Sears Super Value
Save $3* sq. yd.
March 30—April 26, 1980

Sears
Summer Dream
carpeting

Soft and plush and only $9.99 sq. yd.

Summer Dream puts soft, dense 40-oz. polyester pile under your feet. And gives you long lasting durability. In fourteen vibrant colors to fit any decorating scheme. And Sears Summer Dream is treated with SCOTCHGARD® BRAND CARPET PROTECTOR to help resist dirt, stains and help reduce static electricity. Now only $9.99 sq. yd., so you can save $150 on an average purchase (50 sq. yds.).

**This is the minimum savings nationally. Regular prices may vary in some markets.*

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears

Where America shops for Value

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BONES VS. BONZ®

Bonz are a hard, crunchy new snack for dogs. They're good for your dog to chew, and help clean his teeth like a real steak bone.

And like a steak bone, Bonz have a soft, tasty beef-flavored center dogs are crazy about.

But when it comes to nutrition, Bonz are better than steak bones. In fact, they're so nutritious, your dog could live on Bonz and water.

Nobody makes bones better than Purina® makes Bonz.

Bonz are better than bones.



For your pet's health
See your veterinarian regularly

©1979 Ralston Purina Company

DECORATING

Updating old baths

Need to rejuvenate an aging, outmoded bath? Instead of replacing old walls, windows, and fixtures that are still in good working order, you can redo the room decoratively. Today's easy-care fabrics, washable wallpapers, and simple-to-apply paints are readily available to vitalize lackluster baths with colorful patterns and solids. Here are four pocket-size bathrooms spruced up with paint, paper and pattern.

Paint, fabric, and a few minor modifications restored the old-fashioned charm of this Victorian bath, *above*. Off-white paint brightens and visually widens the long, narrow space. Short wood beams installed near the ceiling help play down the room's height. Adjustable glass shelves and a painted latticework frame convert a recessed former doorway area into a handsome storage/display unit.

To update the old claw-footed tub, a bold paisley-print fabric is glued onto its base. The same fabric is used for a roll-up shade at the window. The bottom half of the window treatment is a movable lattice panel.

Turn-of-the-century accessories add to the bath's charm. An antique wooden shelf with brass hooks is a handy towel rack, as well as a decorative wall treatment.



Photograph: Harry Hartman
Design: Koontz/Campanotta. Field editor: Ruth L. Reiter

This bath, *below*, links a pair of guest bedrooms in an older home. To update the space and add contemporary flair, walls above the original ceramic tile were covered in a bold geometric-print wallpaper. The bulky old sink was removed and replaced by a



Photograph: Jim Hedrich, Hedrich-Blessing
Design: Sandy Shapiro. Field editor: Jessie Walker

newer, smaller model, and a built-in vanity was added. A large framed mirror backs the vanity and helps to visually expand the closet-size space. Rich chocolate brown carpet covers the floors in the bathroom and adjoining bedrooms.



Photographs: Jessie Walker
Design: Michael Myer

A bold bandanna-print fabric gives this small bathroom a fresh look while camouflaging aging fixtures. The colorful fabric was stitched into a shower curtain (backed with a plastic liner) and a shirred sink skirt. The sink treatment masks Formica-covered doors below the vanity. And, the fabric is machine washable, so the shower curtain and sink skirt require little care.



Design: Jim Hipp

Here, wallpaper dresses up a sliding shower door in a guest bathroom. When the panels are completely closed, they serve as a powder room "wall" or as a shower curtain. The treatment is actually two eight-foot hollow-core doors covered with vinyl-coated wallpaper and hung on an overhead track. A plastic liner on the shower side of the panels protects them from water.

IT'S TWO GOOD.

PURINA CHUCK WAGON Beef Flavor Chunky

CRUNCHY GOOD CHEWY GOOD

Dogs love the crunchy and chewy combination in every bowl of Chuck Wagon® dog food. Because that's what makes Chuck Wagon two good.

Moistened, the nuggets stay good and crunchy. And the meaty-tasting chunks turn good and chewy.

Chuck Wagon. One great dog food because it's two good.

© Ralston Purina Company 1980

Slice-of-space STORAGE

Searching for extra bedroom storage? Before you resort to under-the-bed stashing tactics, scan your bedroom for unused or underused wall space. With a little imagination, you can turn even the tiniest nooks and crannies like these into great stowaways for clothes and collectibles.

Right: Here, a built-in storage/headboard utilizes under-the-eaves wall space to provide a hideaway for extra blankets and pillows. The hinged-top headboard and queen-size bed platform are both custom-constructed of plywood. To unify the design scheme, fabric that matches the quilted comforter is stretched and glued to the headboard and platform.

Below right: This kid's bedroom corner may be too small for even pint-size



Photograph: Semarco, Inc. Design: Charles Schulman. Field editor: Estelle Bond Guralnick



Now your windows can be as well-designed as everything else in your room. Levolor Lustreweave Shades come in a rich satin finish. For a Levolor Weaves color sampler, write Levolor Lorentzen, Inc., 720 Monroe Street, Hoboken, N.J. 07030

LEVOLOR SHADES

Name

Address

M-4-80

City State Zip



Photograph: de Gennaro. Design: Penni Paul, ASID

furniture, but it's the perfect place for a wall-climbing shelving unit. The unit's 10x32-inch shelves are adjustable, so they can be raised or lowered to accommodate stacks of games and books. Colorful bins, actually plastic dishpans, neatly store miniature cars and puzzles. The bins are easy to tote about for cleanup.



Only Tareyton has the best filter!

For a taste too good to be 5.

hy the best?
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

g. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.

The SEAGRAM'S GIN Perfect Martini.



For a Perfect Martini, just pour Seagram's Gin gently over ice and forget the vermouth. Enjoy our quality in moderation.

Seagram's. The Perfect Martini Gin. Perfect all ways.

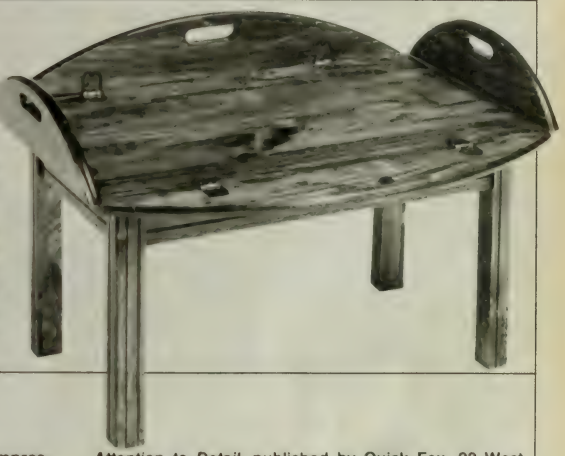
SEAGRAM DISTILLERS COMPANY, N.Y.C. 80 PROOF. DISTILLED DRY GIN. DISTILLED FROM GRAIN.

Margaret McMahon

idea NOTEBOOK

Furniture take-aways

Sugar Hill Furniture's "Carry Home Collection" proves once again that assemble-it-yourself furniture doesn't have to be chrome and foam. These pieces are solidly constructed, finely crafted, and have a rich soft finish—all in keeping with their colonial design. Included in the group are five tables and three desks priced from $130 for the butler's table to $429 for a double pedestal desk. The solid pine pieces are offered in three finishes and feature solid brass hardware and hardwood drawer interiors. Each item can be put together in a jiffy with just a screwdriver. For a store near you, write Sugar Hill Furniture, Lisbon, New Hampshire 03585.



Accessory know-how

No matter how elaborate your home, the final impression depends a great deal on the little things. Two new books, both with exquisite color reproductions, are excellent guides to the fine art of selecting fixtures and arranging accessories.

Attention to Detail by Herbert H. Wise is a shopping guide to the best designed home fixtures. Since good design goes hand in hand with functional excellence, the author has carefully selected items that are well crafted as well as good looking. Hinges and hooks, basins and balusters, and hundreds of other fittings are illustrated and identified with the manufacturers' names and addresses.

Attention to Detail, published by Quick Fox, 33 West 60th Street, New York, N.Y. 10023, is $9.95 in soft cover.

Robin Guild, author of *Homeworks,* says, "This is a book about Things" (with a capital T), and indeed it is. The pictures show you how to arrange almost any "thing" you use, collect, or just have around the house. The supplementary text interprets the pictures, and a fat, end-of-the book section gives practical advice on lighting, displaying and restoring objects, and other tricks of the decorating trade. The book was published by Van Nostrand Reinhold Company, 135 West 50th Street, New York, N.Y. 10020 and costs $29.95.

Mix-and-match Gallic table prints



The new French Tabletop Collection from International Printworks is designed with tabletop projects in mind. There are patterns with large squares suitable for napkins, some featuring 63-inch circles for tablecloths, and others with a border print. All are 100-percent cotton and come in several color variations. The cost: about $9 a yard. You'll find the designs at Fabrications, New York, or write to International Printworks, 100 Wells Avenue, Newton, Mass. 02194 for the name of the store nearest you.

Modern classics

Now there's a mecca for those who love the splashy stripes, bold flower patterns, and cheerful country prints that Marimekko is famous for. The new Marimekko shop at 6 East 57th Street in New York City offers, under one roof, all the Marimekko products —sheets, clothing, yard goods, luggage, etc. You can buy Marimekko items at other stores, but this is the first all-Marimekko shop in the country. The store accepts mail orders and will soon have a catalog.

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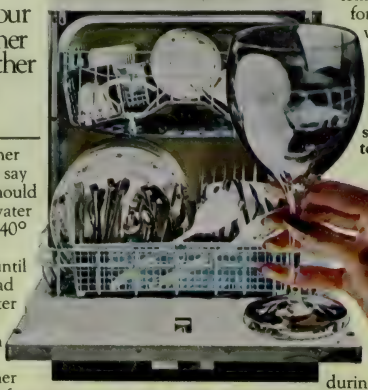
America, turn down your hot water heaters.

KITCHENAID INTRODUCES THE ONLY DISHWASHERS THAT CAN SAVE MONEY ON YOUR TOTAL HOT WATER BILL.

...and get your dishes cleaner than any other dishwasher can.

All dishwasher manufacturers say dishwashers should operate with water that's at least 140° hot.

To do this, until now, you've had to set your water heater at 140° or above which is, in most instances, higher than you need for any other hot water uses around the house.



temperature for proper washing and for sanitized rinsing.

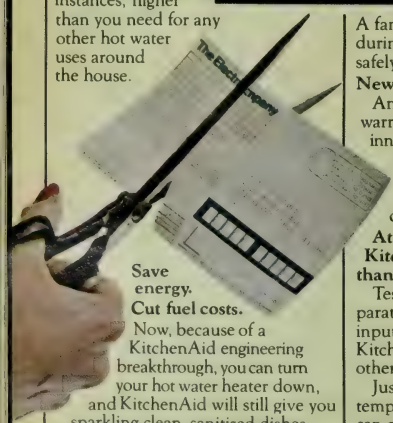
You get energy-saving drying, too. There's no heating element on during drying. A fan circulates the heat built up during washing and rinsing to gently, safely, and efficiently dry the dishes.

New triple protection warranty. An all new 10-year limited warranty on the porcelain tank and inner door (parts only). Plus a 5-year limited warranty on the motor (parts only). And a full one-year warranty on the complete dishwasher.

At an energy-saving 120° KitchenAid gets dishes cleaner than other dishwashers. Test results prove it. In comparative cleaning tests, using 120° input water, results showed that KitchenAid outcleaned the other leading brands.

Just by reducing the temperature 20° you can cut your total water heating costs by about 10%.

There has never been a better time for you to buy a KitchenAid.



Save energy. Cut fuel costs. Now, because of a KitchenAid engineering breakthrough, you can turn your hot water heater down, and KitchenAid will still give you sparkling clean, sanitized dishes.

That's because the new KitchenAid dishwasher has a built-in, thermostatically controlled heating element that takes water from your tank, and heats it up to exactly the right





KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

continued

idea NOTEBOOK



Glass houses for plants

A practical and pretty family of plant pots and accessories is the newest innovation from Corning Glass Works. The Planter Helper growing system consists of gray-tinted Pyrex pots and saucers in five-, seven-, and nine-inch sizes; clear-glass domes that turn the saucers into tiny greenhouses for terrariums and seedlings; and plant accessories including a window unit with two 18½-inch-long shelves. The planters feature a unique built-in drainage system: the saucers as well as the window trays have ridges that elevate the pots so that excess water drains away from the bottom of the containers. Prices are especially appealing—they range from $1.99 to $12.99.

Ask Uncle

Of course you know about the Government Printing Office, but are you aware that this agency publishes brochures on hundreds of subjects from landscaping to travel? To help you sort through the titles, the Consumer Information Center issues four free catalogs a year listing over 200 of these free or low-cost publications. To get one, write the Consumer Information Center, Pueblo, Colo. 81009.

IS IT CRAZY TO SPEND A LOT OF MONEY FOR VINYL FLOORING?

Ever since it was introduced a lot of people have thought of vinyl flooring as the workhorse of the house. It was durable. It was practical. And it didn't cost an arm and a leg.

Well we at GAF, the makers of Gafstar® sheet vinyl and floor tiles, think it's time we opened people's eyes to a whole other side of vinyl flooring. A side that's fashionable, refined and yes, more expensive.



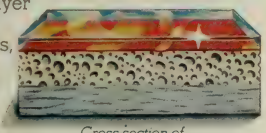
New Gafstar® 7500 Series Sheet Vinyl. "Rapallo"—75047 (Loden Wheat).

AN EXPENSIVE FLOOR SHOULD BE WORTH THE MONEY.

Like most things you can buy, there exists a premium class in vinyl flooring, too. These floors cost more, but they offer you more, in quality and aesthetics.

However, once you've decided you want the best vinyl flooring money can buy, you should find out exactly what your money is buying you. Most premium priced vinyl floors are no-wax these days. (It's the least you should expect.) The problem is some of these floors could begin to look old before their time, given the wear and tear of repeated family traffic. Which is why GAF puts a protective double layer on no-wax Gafstar® 7500 Series, our most expensive sheet vinyl flooring. Our tough Brite-Bond™ urethane layer on top of our tough PVC layer insure you of durability. But for all that toughness, 7500 Series is easy to take care of. All it takes is an occasional damp mopping and the application of a vinyl dressing once in a long while, to keep the shine from knuckling under, underfoot.





Cross section of Gafstar® 7500 Series Sheet Vinyl.

And to make things nice and comfortable underfoot, we put our exclusive Quiet-Cor® interlayer under that protective double layer.

AN EXPENSIVE FLOOR SHOULD LOOK IT.

Fashion is strictly a matter of personal taste. And while no manufacturer can guarantee you their designs are the most stylish you've ever seen, we can tell you two hard facts about the look of our premium sheet vinyl. First, we offer a complete line of one-of-a-kind ceramic-like patterns, in many colors. Second, 7500 Series has the highest gloss of any major brand of sheet vinyl sold. So in addition to being tough, it's beautiful as well.

By now we hope we've opened your eyes to look at vinyl flooring in a whole new way. And maybe helped you to realize that it isn't crazy to spend a lot of money on our vinyl flooring. In fact, given all you get for the money, it could be a downright bargain.

GAF GAFSTAR® VINYL FLOORING

WE'RE OPENING PEOPLE'S EYES UP ABOUT VINYL FLOORING.

For information or the name of your nearest Gafstar® flooring dealer, call toll free anytime 800-223-0344. (N.Y. State: 800-442-8169.)

BHG 480

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Grow more tomatoes without planting more tomatoes.

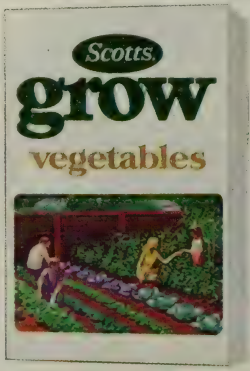
If you like plump, juicy tomatoes fresh from the garden (and plenty of them), we have a fertilizer for you.

Scotts® Grow Vegetables Fertilizer.

We fed the tomato plant on the left just to show you what Grow Vegetables will do. Just one feeding can actually give you up to twice the yield on each tomato plant.

We've tested our formula on all sorts of other vegetables at universities and on our own research farms around the country. Grow Vegetables will give you more beans, more sweet corn, bigger lettuce or whatever, and that's a promise.

It's just one of our special line of fertilizers we make for everything in your garden. There's Grow Shrubs, Trees and Evergreens, Grow Flowers, Grow Azaleas, Camelias and Rhododendrons and Grow Transplants. They're all safe for your plants if you just do what it says on the package. And each one offers results that will look just as good to you as all those extra tomatoes up in the picture.



Gardener's log

"April prepares her green traffic light and the world thinks Go."
—Christopher Morley, 1931

Gardening gets into full swing all across the country this month. Unless your area is deluged with those legendary April showers, yard work can fill as much time as you can spare from other duties, for this is one of the busiest months in the gardening calendar.



Illustration: From the collection of Dr. & Mrs. Donald W. Kohn

Plant asparagus now

Find a sunny spot for a bed of asparagus. After it becomes established, it requires less care than nearly any other garden crop. Plant only disease-resistant varieties. The rust-resistant Washington strains are among the best.

Asparagus roots are available through garden centers and catalogs. You can buy either two-year-old or one-year-old stock. The two-year-old stock will give you a harvestable crop sooner.

Asparagus will do well in many kinds of soil, from sandy to heavy, as long as good drainage is provided. Asparagus roots gobble up space, so plant in rows along the border of the garden at least four feet from other permanent plants, such as rhubarb or fruit trees.

Turn the soil over at least 12 inches deep, breaking up any clods as you work. Space the plants two feet apart in rows four feet apart. A good rule of thumb is to plant about 40 roots for a family of four—more if you plan to can or freeze some of the crop.

Care and feeding

If you need to hoe your asparagus bed to remove weeds, do only shallow cultivating to avoid possible damage to the asparagus tips and roots. Thwart weeds before they germinate with a mulch of compost, peat moss, or pine needles. If you use sawdust, wood chips, or ground corncobs, add a nitrogen fertilizer occasionally as the mulch decomposes, to avoid a nitrogen deficiency in the soil.

Asparagus is a heavy feeder, so maintain good soil fertility by broadcasting about 15 pounds of a 10-10-10 fertilizer per 1,000 square feet several times during the growing season.

Harvesting

Be patient. Wait until the third year after planting before you harvest any asparagus. This allows the plants to become well established and vigorous. When spears stand about six inches tall, snap or cut them off at or just below the surface of the soil.

Quit harvesting after July 10, but let the tops mature into decorative, fern-like plants. After the tops have been nipped by frost, cut them off level with the ground and dispose of them. You may want to shred them and add them to your compost heap.

Green up with sod

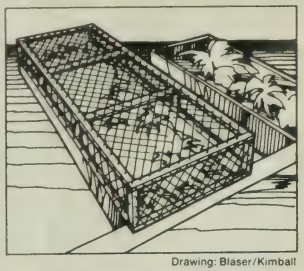
Whether you're faced with a bare brown expanse of soil around a new home, worn patches in an existing lawn, or the need to completely revamp a worn-out yard, sod may be the answer. Spring is a good time to lay sod because the cool, wet weather encourages new roots to sprout.

First, work the soil and smooth it with a rake. Arranging the sod strips is somewhat like laying bricks—you don't want all the seams to line up. Butt the strips against each other and stagger the joints. Fill in cracks with a rich loam so grass will spread quickly. Roll or tamp down the sod so it makes good contact with the soil beneath.

On slopes, where erosion could become a problem between the strips, lay the sod across, not up and down. If the bank is steep, drive small wooden pegs at each end of the roll of sod to hold it in place.

Defend your beds

Protect your crops from marauding birds, rabbits, and other wildlife nibblers with lightweight screen cages



Drawing: Blaser/Kimball

made to fit over individual vegetable beds, *above*. Construct the cages by stapling chicken wire to a 2x2 frame.

You also may staple a layer of cheesecloth over the wire to protect let-

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Illustration: Steven Schindler

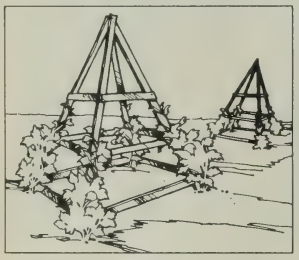
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Gardener's log

tuce and other cool-weather crops from the heat of midsummer sun. Lettuce protected in this manner will often last much longer than usual.

Support your vegetables

Build tomato supports now, instead of waiting till they're needed, when you may be busy with other chores. You can construct supports to accommodate individual plants, or you can assemble a support like the one below that will provide climbing space for several plants.



The support is made of six-foot-long 1x2s, anchored in the ground and secured with shorter lengths of 1x2 crosspieces. Tomato vines won't have any problem growing through this easy-to-make structure. If you like, you can cover the framework with chicken wire and train peas, cucumbers, or melons to grow up the sides.

IN THE SOUTH

Heat-resistant plants

Most of the heat-resistant annuals can be planted now. These include: zinnia, portulaca, gaillardia, ageratum, and petunia. For a tropical look, try banana, elephant's-ear, castor bean, canna lily, caladium, coleus, and rice-paper plant. For dry, sunny places, plant bamboo, yucca, agave, Chinese hibiscus, lantana, and pampas grass.

Lycoris bulbs

Plant lycoris (often called spider lily) now for blooms in August and September. The foliage won't appear until after the flowers are spent; and the plant will remain green into winter.

Lycoris will thrive in any fertile soil. Set the bulbs two inches deep in the garden in a sunny or partially shady location. The plants are especially attractive when combined with ferns. To ensure good blooms, mix in a generous amount of bone meal at planting time.

IN THE WEST

Prune fuchsia

If you haven't pruned your fuchsias yet, do so now. Cut out all but the three or four strongest branches. Then trim back the side shoots to three or five buds apiece to stimulate new growth.

Plant clematis

April is a good month to plant clematis vines to brighten your yard later this season. Your local nursery should stock the popular purple jackmani as well as white, blue, red, and pink varieties. Most will climb five or six feet in one growing season. Use clematis on fences, posts, or old tree trunks.

Pick a planting site where the vines can grow in full sun. Just be sure to keep the roots cool and moist with a thick mulch. To plant, remove the vine from its container and place in the planting hole at the same depth the vine was growing. Fill in around the plant with enriched soil or well-rotted manure. Water well and keep the soil moist during the growing season. Have a trellis in place at planting time and train the new growth to the support.

NOTES ON MY GARDEN

FIRST WEEK, APRIL 1-5

SECOND WEEK, APRIL 6-12

THIRD WEEK, APRIL 13-19

FOURTH WEEK, APRIL 20-26

FIFTH WEEK, APRIL 27-30

IT'S FOR REAL.

New Wish-Bone® Creamy Cucumber Dressing. Real cucumber bits. Real cucumber flavor. Real sour cream.



It tastes like real peppermint. Naturally. Because it's Leroux.

You'll taste the cool flavor of mint in every sip of Leroux Peppermint Schnapps. Not as sweet as creme de menthe, but crisp and fresh for today's tastes. And it's the best mint because only the finest of natural flavors and true fruit ingredients go into Leroux International Liqueurs. Once you've tasted Leroux, no other liqueurs will do.



Try Leroux Peppermint Schnapps straight up, on the rocks, or in a Schnapps Stinger. Mix 1 oz. Leroux Peppermint Schnapps, 2 oz. Leroux Deluxe Brandy, shake with ice.

Leroux International Liqueurs

Another of our 52 naturals from France, Italy, U.S., Austria, and Denmark.

For free recipes, write General Wine & Spirits, Box 1645, FDR Station, N.Y., N.Y. 10022.

BUILDING

How to choose central air conditioning

It's predicted that 1.5 million Americans will buy whole-house air conditioning this year. If you're among them, you'll find that deciding which type to buy is more complicated than it used to be. In the old days—that is, more than five years ago—you made sure that the equipment you bought was certified to perform as rated, and you got the lowest possible first cost for equipment of acceptable quality. There's more to consider now.

Today, that first cost has to be balanced against operating cost, and the latter depends on a host of complex factors—the efficiency of the air conditioner, the size of the cooling load (which depends in part on how well the house is insulated), the duration of the summer in your area (expressed in summer cooling hours per season), and the local cost of electricity for air conditioning. (The rate your utility charges in the summer may differ from that charged in the winter.) We'll show you a simple formula to help you convert these factors into a buying decision.

Shopping don'ts

First, here are some tips on what not to do:

- Don't look at just one air conditioning system or ask for just one bid.
- If you're offered two choices of equipment, don't automatically choose the less expensive one; it could cost you more.
- Don't buy anything without getting a load calculation sheet. Whether the house is new or old, make sure a competent contractor has calculated the amount of cooling capacity it will need.
- Don't simply call the electric company and ask for the rate per kilowatt hour. Make sure the rate you're given applies to summer cooling, and also make sure it includes items such as fuel adjustments, environmental surcharges, and taxes that show up on the monthly electric bill.
- If you've just bought an older home already equipped with air conditioning—and you're considering replacing it—don't assume that the former owner's monthly electric bill and yours will be the same. If his family is childless and yours includes a youngster who runs in and out of the house 20 times on a summer day—leaving the front door open ten times—your bill will be higher than theirs. Also find out what kinds of appliances might have contributed to the former owner's electric bill. An electric water heater can double the number of kilowatt hours per month consumed by lights, range, TV, and other appliances.
- Don't run out and buy storm doors and windows to cut cooling costs. If you can justify them for wintertime use (see the May, 1979, issue of *Better Homes and Gardens*), buy them. But they'll do very little to keep heat from entering the home.
- When you examine the Federal Trade Commission's energy fact sheet that accompanies the manufacturer's literature, don't assume that this estimate of annual operating costs applies directly to you. The estimate is a good way to compare competing units, but there are many factors it doesn't take into account: that young door-opener of yours, for example, and the amount of insulation in your house. Further, the averages the FTC uses for the number of summer cooling hours per season and the cost of electricity per kilowatt hour are just that—averages. Summer cooling hours range from 40 in Anchorage to 3,950 in Honolulu, with Bangor (360), South Bend (720), Mobile (1,690), and New Orleans (2,090) in between. Electric rates vary between two and ten cents per kwh, depending on the region.

Shopping do's

Having digested the don'ts, you're ready to consider things you should do:

- The first step applies equally to buying a new home with air conditioning or adding it to an older home. Check the credentials of the seller. Talk to several customers of the builder or contractor. Ask the Better Business Bureau if there have been any complaints against him. Ask him what kind of warranty he will provide, what it will

continued

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continued

Central air conditioning

cover, and how long it will last.

- Ask the new-home builder or your add-on contractor for his load calculation sheet. Make sure the house has been "sized" for air conditioning. Don't accept rules of thumb. If the unit you buy is too big, it will waste energy by cycling itself off and on too frequently. If it's too small, it won't provide enough cooling. But if faced with buying too big or too small, you'll be better off with one that's a bit too small. By working all the time to cool your home, the equipment will cost you less (it works more efficiently) and create a more stable, more dehumidified indoor climate than the oversize unit.
- If you're looking at a new home, ask the builder for proof that the insulation meets or exceeds the thermal performance guidelines of the National Association of Home Builders.
- If you're planning to add air conditioning to your house, or you're replacing worn-out equipment, now is the time to find out whether additional insulation would cut the air conditioning load enough to pay for itself. To do this, call a qualified insulation contractor or have your air conditioning contractor make the arrangements. The guidelines for determining competence in contractors are the same as for sizing up systems. Ask the contractor how long he's been in business, what sort of license he has, if he belongs to a national trade association, and whether he carries liability insurance.
- If you're adding air conditioning to your heating system and your furnace is, say, 15 years old, find out what it would cost to replace the whole system. If you live in a reasonably temperate climate, consider installing a heat pump. This wonder device, as you probably know by now, switches from heating to cooling—and back—by reversing its cycle. The heat pump extracts heat from the air. In the summer, the pump pulls heat from indoors and dumps it outdoors. In winter, the pump extracts heat from the outdoor air and dumps it inside. (There's some heat out there even on the coldest day, though you usually need supplemental heating when the outdoor temperature gets into the 20s.)

Even if you choose not to replace your gas or oil furnace, find out how much more it would cost to install a heat pump, rather than a conventional air conditioner. In this type of system, the contractor can put in a two-stage thermostat. The first stage activates the heat pump, which produces heat more efficiently than a fossil-fuel furnace does. If the day is very cold and the heat pump is unable to maintain the desired temperature, the second stage kicks on, turning on the fossil-fuel furnace and turning off the heat pump. This combination has proved to be cost-effective in many cases.

- Whatever you choose, try to do your dealing in the fall or winter, when you may get more competitive cost estimates from the dealers.
- Make sure your equipment bears the Seal of Certification of the industry's national trade association, the Air Conditioning and Refrigeration Institute. More than 90 percent of the residential air conditioners and heat pumps being produced today are covered by the 20-year-old industry certification program, which calls for random selection and lab testing of warehouse stock. The ARI seal assures you that the equipment will perform as rated.
- Pay close attention to the unit's energy efficiency rating. By now, you're undoubtedly aware of the EER, or energy efficiency ratio, which used to be stamped on window units and printed in the rating sheets for central systems. The EER has recently become known as the SEER. "S" stands for "seasonal"; the Department of Energy is now requiring all manufacturers to evaluate and rate the efficiency of their equipment on a seasonal basis. The new rating is supposed to be a more accurate evaluation.

Comparing energy ratings

The SEERs will vary, of course, and you'll have to decide between a unit with a low SEER and one with a high SEER—and also a $300-$500 higher price tag. Which should you buy?

Simple, you say. If one unit costs $300 more to buy but saves $50 a year, you can recover the cost within six years, can't you? That's what we

continued

CANADA



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Charmin ordinary way

Charmin fluffed up

continued

Central air conditioning

thought, and we were wrong. The reasoning is right, but the facts are faulty.

We took our formula to Art Johnson, the technical expert who helped the National Association of Home Builders Research Foundation develop its thermal performance guidelines and who has been in the field conducting energy conservation seminars for the government. (See his advice on choosing insulation in the May, 1979, issue of *Better Homes and Gardens*.) He points out that energy costs for those two competing air conditioners will increase from different bases. The two paths will separate, he said, and he gave us a simple consumer formula that will allow you to decide which of the two pieces of equipment to buy. To find out why, you have to do just three bits of homework:

1. Determine the design cooling load for the house. The builder or contractor can give you that figure. If you have an average-size, three-bedroom house, the load will probably range between two and three tons of cooling, or, to put it more precisely, between 24,000 and 36,000 British thermal units per hour (Btuh). To express it as you'll use it in the formula, a 25,000 Btuh load is 25 MBtuh, "M" standing for thousands. In the past few years, the average cooling load has dropped 5,000-10,000 Btuh. The main reason is that homeowners and builders are insulating houses much better—and making them significantly tighter—than they did a few years ago.

2. Next, write down the SEER rating of the two competing air conditioners you're considering. Let's say you're comparing units with SEERs of 5.9 and 7.5, respectively.

3. Call your local power supplier and get the rate per kilowatt hour for air conditioning. Emphasize that you want the total summer rate that reflects all charges such as fuel adjustments, taxes, and so forth.

Now, equipped with all those numbers, you're ready to use the charts and graphs on page 92.

Go to Figure 1 to find Johnson's Cooling Savings Factor, a term you might be hearing more about as time goes on. All you have to do is find the place where the two SEERs intersect (reading from low to high), then read straight down. Let's try it, using the comparison mentioned earlier—SEERs of 5.9 and 7.5:

The dotted lines indicate our steps. Start at the left and find the approximate position for 5.9, the lower SEER. Now look straight across until this line intersects the curving line for 7.5. (The higher SEER numbers are always represented by the downward curving lines, and you always read from low SEER to high SEER as we've just done.) Then, reading straight down from the intersection, you will see that you have a Cooling Savings Factor (CSF) of about 36.

Now go to Figure 2, a map that accurately shows the number of summer cooling hours by region. Let's say your city has about 1,250 cooling hours a year.

Here, we have to do a little simple arithmetic. Johnson's consumer savings formula looks like this:

$$\frac{\text{MBtuh} \times \text{CSF} \times \text{Cooling Hrs./Yr.}}{1{,}000}$$

The answer will be in kilowatt hours per year.

Let's make some assumptions so that you can work out the problem we started. We'll assume your home's cooling load is 25,000 Btuh or 25 MBtuh, that we still have the cooling savings factor of 36 (from Figure 1) and 1,250 summer cooling hours (from Figure 2, the map). Further, we'll say that the cost of electricity where you live is four cents per kilowatt hour (kwh).

So we can translate Johnson's formula as follows: 25 x 36 x 1,250 = 1,125,000 ÷ 1,000 = 1,125 kilowatt hours per year.

Now multiply the 1,125 kwh/yr by the cost per kwh ($0.04). The answer is $45. If you buy the air conditioner rated at 7.5 SEER, it will save you $45 during the first year. To say it another way, the unit with the SEER of 5.9 will cost you an extra $45 per year.

Now go to Figure 3. You'll see "additional owner cost" on the left-hand side. Let's say that the 7.5 SEER equipment will cost $350 more than the 5.9 unit. Find the $350 mark, as we've done with the dotted line, and go

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continued

Central air conditioning

straight across until you reach the $45 point midway between the slanted savings lines. Now read straight down to the bottom. Answer: If you buy the higher-rated unit and pay an extra $350 for it, you'll get your money back in 6½ years.

If you're going to be transferred next year and will have to sell the house, it won't pay you to buy the more expensive unit. If, however, you don't expect to move within the next seven years, spend the extra money, by all means.

Figure 3 is actually one of three similar charts designed to measure payback periods under varying conditions. The one you see here was designed for a new home and assumes an energy cost increase of 15 percent per year and a 13-percent mortgage spread over 30 years.

But what if you're adding air conditioning to an older home and taking the money out of savings, with an interest loss of seven percent? Assuming the same energy cost increase of 15 percent (unfortunately, it's a fair assumption), we found you would get your money back several months sooner than in the original case.

We also assumed that you might take out a five-year, 13-percent home improvement loan to make the purchase. In that case, the payback period is almost the same as that for a new-home installation.

The variations didn't produce a significant difference in payback time.

However, change another kind of factor in the original example and you may see a dramatic difference. Assume that you're living in Dallas, which has 1,820 cooling hours per year. You'll get your money back in 4½ years, not 6½.

Now you know how to make a choice between two differently priced and differently rated air conditioning packages for your home. In general, if the payback period is less than four years, you ought to buy the higher SEER equipment. If the period is greater, estimate how long you expect to live in the house and decide accordingly. No figure is given for a payback period of

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1 pound boneless and skinless chicken breasts, cut in strips
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¼ cup vegetable oil
½ teaspoon *each* tarragon and ground thyme
¼ teaspoon pepper
1 cup sliced scallions
2 cups chicken broth
¾ cup Holland House Sherry Cooking Wine
1 cup sliced mushrooms, fresh or canned
3 tomatoes, cut in eighths
3 to 4 cups hot cooked rice

Dredge chicken in corn starch. In large skillet, brown coated chicken in oil. Stir in seasonings and scallions. Cook 2 minutes longer. Add broth and Holland House Sherry Cooking Wine. Cover; simmer 10 minutes. Gently stir in mushrooms and tomatoes. Cover; simmer 5 minutes longer. Serve over rice. Sauce may be served separately. Makes 6 servings.

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continued

Central air conditioning

more than 15 years, since 15 years is assumed to be the useful life of the equipment.

One more point needs to be made: The cost of operating air conditioning equipment is relative to the way you run it and maintain it. So set the thermostat in summer at 75 degrees rather than 70. Change your filters at least four times a year. Give the equipment the simple maintenance called for. And do something about that kid who keeps leaving the door open.

(Written in cooperation with Robert Denny)

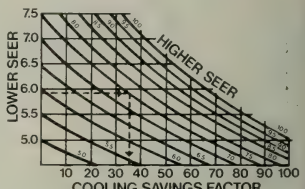


FIGURE 1

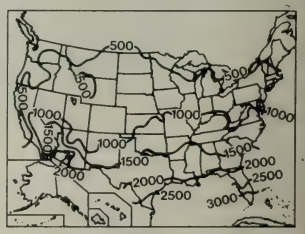


FIGURE 2

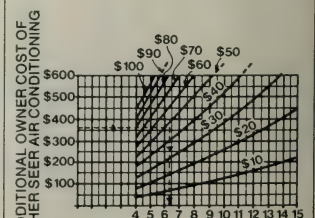


FIGURE 3



DREAM UP A COUNTRY SALAD BAR WITH KRAFT'S CREAMY DRESSINGS.

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FILET CROCHET

ELEGANT LACE YOU CAN MAKE YOURSELF

By Deborah Dugan and Gary Boling



For generations, romantically stylized filet crochet has been prized by both lace collectors and talented creators. And today, the vitality of this craft extends far beyond museum shows and curiosity shops. One reason for its resurgence in popularity is its simplicity. The characteristic geometric filet patterns—actually formed by tiny clusters of stitches on an airy mesh background—look intricate but they're quite easy to create. You can glimpse some classic examples of these bits of Victoriana by peeking beyond the curtains—or turning the page!

Photographs: William Hopkins



FILET CROCHET

ELEGANT LACE YOU CAN MAKE YOURSELF

Inside the room, the delicate heart motif is repeated in the tablecloth edging; the two cloths below feature an ecru rose design and a scallop pattern worked in a heavier crochet thread. The chair is graced by an antimacassar set depicting a cozy cottage scene. And for a slightly different twist, the framed peacock panel sports a pastel wash that highlights the crocheted forms. If you're a novice at filet work, a star pattern doily—here stitched to a pillow top—is an ideal first project. For how-to, see page 144.

Pillow design: Soft Antiques



What you can do with a house like this

REVIVE AN OLD HOUSE

By David Haupert

Fifty years of hard use had taken a heavy toll on this old family bungalow. And as the prospective owners stumbled through the ruins, they had to summon every last bit of imagination to envision what that disaster area could become. But they forged ahead and—little by little—replaced bad materials, shifted walls, and eventually put the has-been house on the track for 1980s living. Let's take a look inside.









Photographs: Maris/Semel. Architect: Richard Caldwell. Field editor: Bonnie Crone

Glance from the foyer across the living room *(above)*, and you can spot a change that was repeated throughout the house: The owners removed several walls to pull the spaces together and to help traffic flow more smoothly. That vertical beam in the foreground shows you where a wall used to be. And if you stand in front of the fireplace and look toward the rear of the house *(left)*, you'll see more wall-replacing beams—the front set marking where the dining room began (see plans on page 101), and the back set showing where the old breakfast room started. The handsome hard pine floors were salvaged from two other ancient homesteads that were too dilapidated to qualify for restoration.

Much of the work that went into this house doesn't show up in the floor plans. But the owners clearly remember the many backbreakers—things like new walls and new ceilings in every single room, wholesale replacement of unrepairable woodwork and flooring, and all-new wiring and plumbing. And those were just the starters.

Then came the room shuffling. The plans show where most of the activity took place —in the back half of the house. In the right side alone, the new kitchen took over the old kitchen plus the breakfast room, pantry, back entry, and parts of the old bathroom and hall area. (Much of the annexed space was wasted square footage anyway.)



REVIVE AN OLD HOUSE

As you can imagine by looking at the "before" plans, the midsection of the house used to be very dark. To brighten that dreary area, the owners' architect came up with a giant light scoop *(bottom, opposite page)* that splashes bright sun on the kitchen and other central spaces. He bounced the sun's rays even farther by removing another wall and replacing it with that extra-long beam *(above)* running from one end of the kitchen to the other.

The left half of the house, mostly bedrooms and baths, underwent a few changes, too. One thing led to another: The back bathroom took over the old master bedroom to make space for a new pantry/utility room. So a new master bedroom was added *(top, opposite page)*, at the rear of the bedroom wing. As you can see in the photo, the attic above the old master bedroom was opened up to accommodate a second light scoop to serve the new sleep space. (In parts of the country where the heating load is heavy, light scoops like the two in this house could be faced south to collect solar radiation. Masonry walls and floors placed in the path of the sun could store the sun's heat and later radiate it into adjoining living spaces.)

Through the double doors beside the bed is the master bath *(middle, opposite page)*—a tasteful blend of old and new. The vanity is a converted antique dresser.



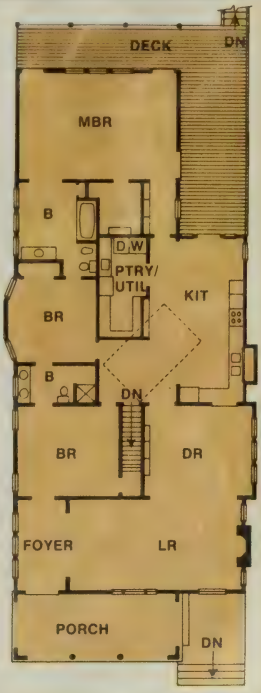






BEFORE

AFTER



CASUAL FURNITURE INDOORS & OUT

By Laurel Lund

No longer is casual furniture just an outdoor amenity. It's true that today's casual pieces are perfect for porch, patio, or poolside because of their quality construction, lightweight materials, and superior finishing. But the snappy styling of these new furnishings also makes them ideal for indoor use. When the winter chill sets in, you simply move these portable pieces indoors where they can answer all sorts of needs, from seating to storage.

Here, we'll show you a sampling of flexible, functional, and affordable casual furniture that weathers any living environment well—indoors *and* out.





The wonderful wicker furniture that used to line Victorian verandas needn't hibernate during the winter months. Bring it indoors where it can furnish an entire room or merely serve as a design accent.

Although we've pictured our wicker furniture in a pastoral setting, these delicate reed pieces should only be used on a covered porch or patio, not directly exposed to the elements.

When it gets too chilly for patio sitting, move these nostalgic pieces indoors to serve as bedroom seating or foot-of-the-bed storage. By *O'Asian.*

Buying information, page 154

Photographs: Jesse Walker. Design: Larry Beedel

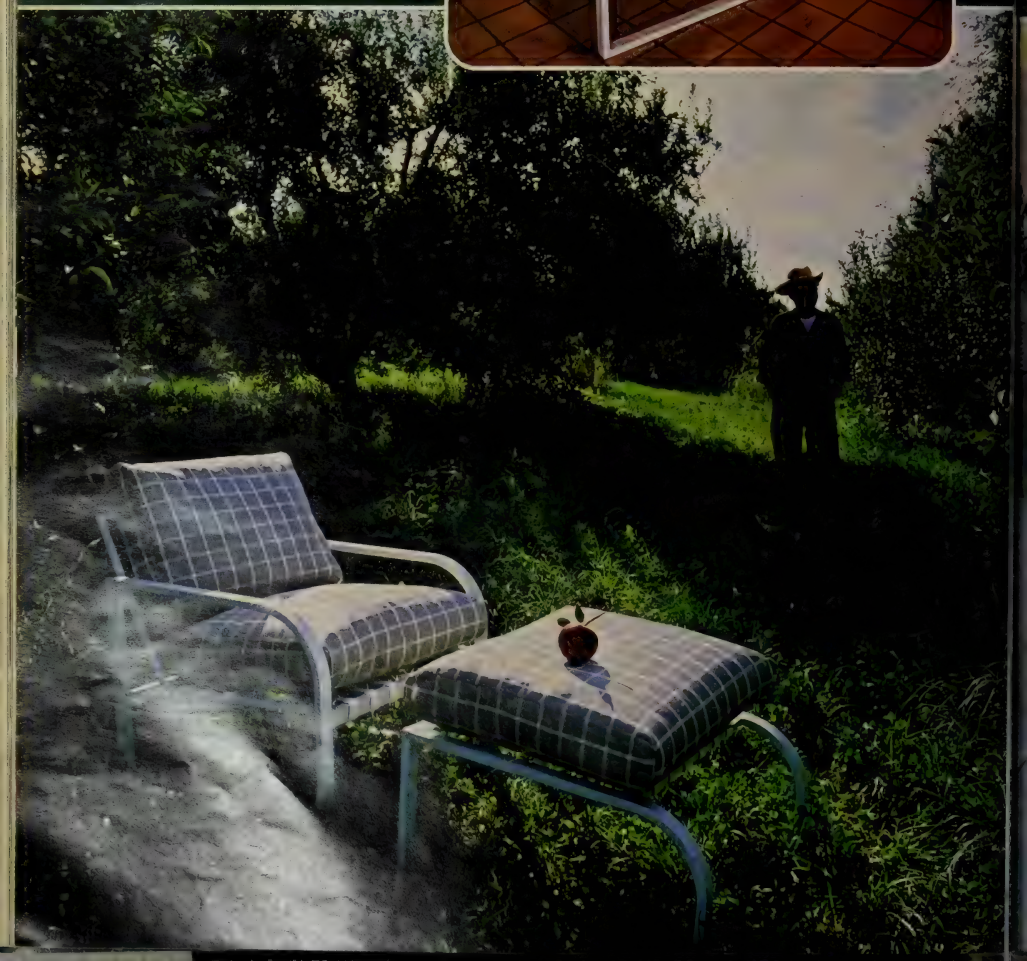
CASUAL FURNITURE

When your casual summer furniture comes in from the cold, why let it take up space in an already overstuffed storeroom? Instead, bring the pieces indoors to serve as high-style seating in your family's favorite live-in spot.

This sink-down-into lounge chair is perfectly adaptable to both deck and den. The durable-finish tubular steel frame and easy-care cushions resist fading and outdoor wear and tear. Indoors, the smartly styled seating piece blends harmoniously with a mix of contemporary furnishings. Available from *Meadowcraft*.

Photographs: Jessie Walker





Today's casual furniture pieces are not only well-designed and easy to maintain, they're portable as well.

This handsome chaise longue, for example, is so lightweight it's easy to tote from lanai to living room. The tubular steel frame is protected by a corrosion-resistant finish for outdoor use, while the open-weave greige polyester seat and back cover offer cool air-flow ventilation. Inside the house, the reclining unit self-adjusts for cozy fireside seating. This dual-use piece is manufactured by *Samsonite*.

Buying information, page 154

Architects: Right, Mike Smith. Below, Charles Herbert & Associates





CASUAL FURNITURE

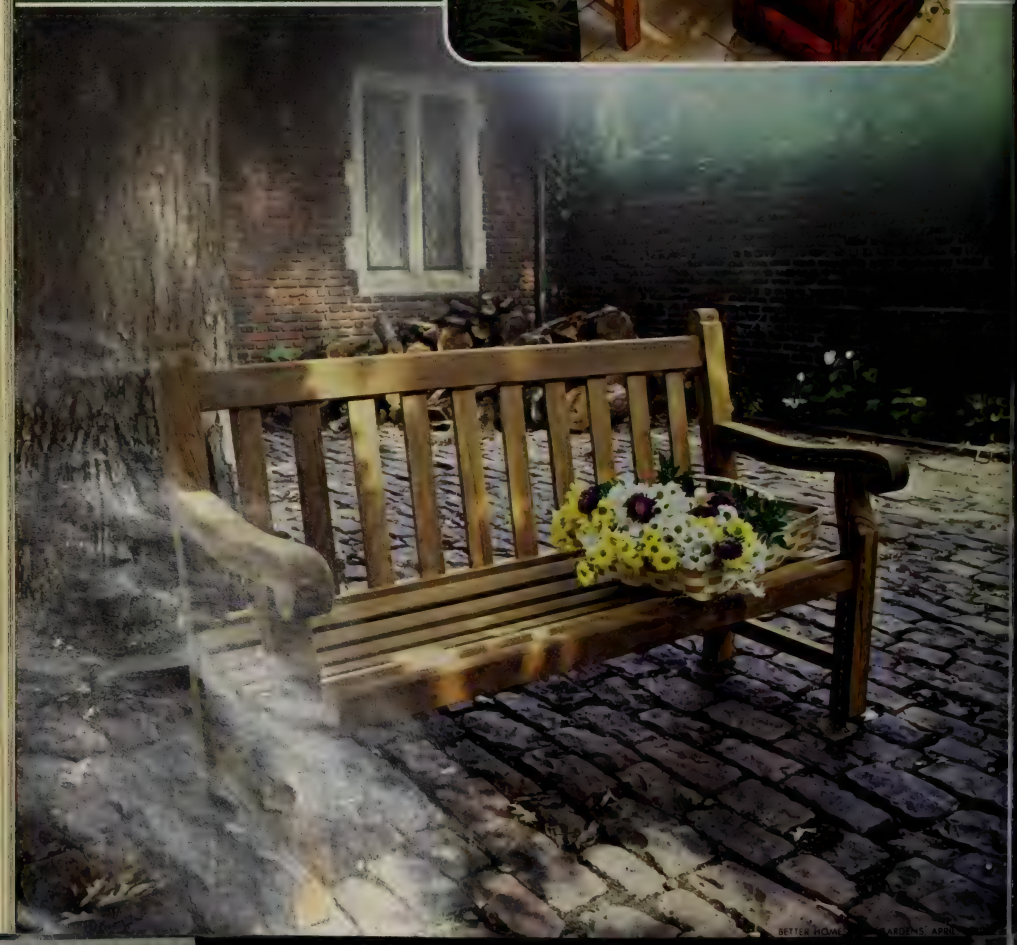
While seasonal furniture is a luxury few of us can afford, today's casual pieces are worth every penny because they can be used year-round—indoors and out.

This handsome teak bench is a "natural" under the stars or under your roof. Outside, the sturdy hardwood piece weathers the elements well. Inside, the bench offers all the beauty of quality-crafted wood furniture while providing supplementary seating in a plant-filled bay, entry hall, or family room.

The bench comes in put-together pieces packed in a carry-home carton. By *Lister*.

Photographs: Jessie Walker





Here's further evidence that the casual furniture bought for outdoor use can also provide some smart-looking decorating solutions indoors. This 36-inch-round table with companion chairs adds elegance to picnics and poolside parties. The tubular aluminum frames resist damage from high temperatures and moisture, while the impact-resistant acrylic tabletop offers the look of glass without its fragility.

When winter snows curtail outdoor activity, simply move the table and chairs indoors where they can serve as a gathering spot for meals and games. Available from *Tropitone.*

Buying information, page 154

Architect: James C. Henneberg





Making A Small Kitchen WORK BIG

By Joan McCloskey

What can you do with a minuscule kitchen? A lot—and here's proof. These two families began with undersized, underachieving kitchens and turned things around by using ingenious space-saving techniques. Some of them might nudge you to make a lot of your own little kitchen.

They Removed The Partition Between The Kitchen And Breakfast Nook

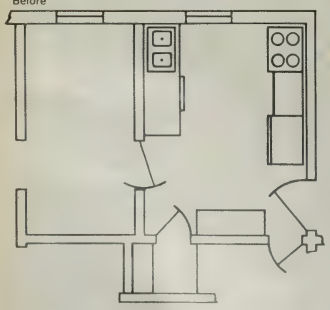
Ann and Bill Johnson almost felt like laboratory mice when they moved into their present home with its maze of doors. Their tiny, dark kitchen had four doorways leading into even more tiny rooms. Since both Ann and Bill love to cook, they decided to create one large working space by removing the partition between the kitchen and the breakfast nook.

There's a formal dining room next to the kitchen, so the Johnsons didn't need a large eating space in the kitchen. Instead, they devoted most of the new open space to the kitchen work core with a tiny dining spot on the opposite side of the angled peninsula. The peninsula holds a drop-in range and has storage access on both sides of the base cabinets. Off to the left is a dishwasher and—out of camera range—a double-bowl stainless steel sink and refrigerator.

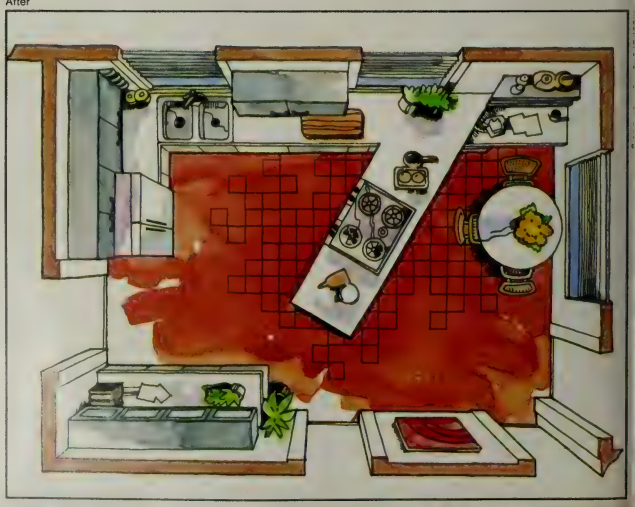
No overhead cabinets block the view between the kitchen and dining area. Instead, a structure holding the vent hood above the range extends down from the ceiling, and the ductwork is left exposed. Ann and Bill painted the duct a bright yellow to match the tile backsplash. Upper and base cabinets and the open shelving system are all in a neutral gray, and major appliances meld with the background. For the floor, the Johnsons selected simple quarry tile for its permanence and easy care.

Buying information, page 154

Before



After



Since the remodeling, Ann and Bill can cook at the same time due to the large expanses of counter space between the appliances.

Photographs: Bill Helms. Architect: Bill Johnson. Field editor: Ruth Reiter.



A small dining table and three chairs are neatly tucked into the space opposite the angled counter. The Johnsons even managed to squeeze in a planning desk with open shelves above for cook books and spices. Also included in this corner is access to the lazy Susan storage unit in the base cabinet, hidden by Ann in the photograph above.

During the remodeling process, all original windows were kept except for the new fixed glass window by the eating area. The back door leading out to the private rear patio is in its original location.

Since Ann and Bill eat most dinners here, they wanted soft lighting to take away from the "kitcheny" feeling. They got the effect they wanted with recessed spotlights along with under-counter fluorescents and lighting across the tops of the wall-hung cabinets.

Making A Small Kitchen WORK BIG

They Bumped Out And Opened Up Their Old Kitchen

Ron and Patty Vandenbroek called on professionals to help them shape up their unworkable little kitchen—and keep within a tight budget. After many pencil sketches on napkins and then more formalized blueprints, the couple set to work. They took off the back of the house and eliminated the walls between an unused back porch and a small utility room. The old kitchen location became the new laundry.

Even with the remodeling, the total kitchen space is a mere 8½ by 14 feet with a working core of 8½ by 8½ feet. The key that unlocked the cramped quarters was opening up the kitchen/dining area.

No overhead cabinets block the view from kitchen to dining area. Instead, a high counter divider separates the two rooms, concealing the work side.

The eight-inch lip on the counter hides a narrow shelf for herbs and spices, close to the range where they're needed.

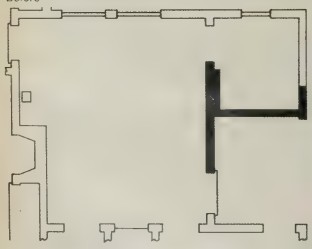
The oven itself is built into the corner next to the gas cooktop. Patty had originally planned for the oven to be lower, but she realized in time that lifting a heavy roaster out of a low oven would be backbreaking.

To bring in needed light, the original two small windows were replaced with a sliding glass door. And skylights, 2½ by 2½ feet, were installed to pull sunshine into the room from the east.

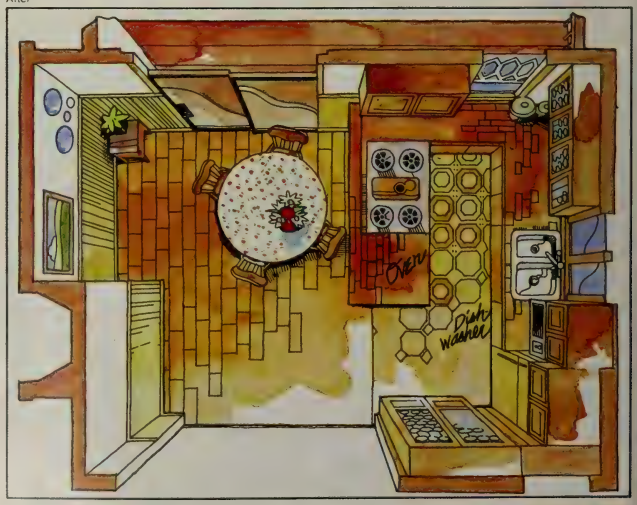
The Vandenbroeks saved money by taking the time to recycle building materials and hand-pick the ceramic tiles. Ron spent a whole day choosing the tile "seconds."

To keep the flavor of their colonial house, Ron and Patty designed leaded-glass cupboard doors. The existing wainscoting in the dining area could not be matched with contemporary ones because of the difference in spacing, so plywood panels were routed out and used to panel the back of the high counter.

Before



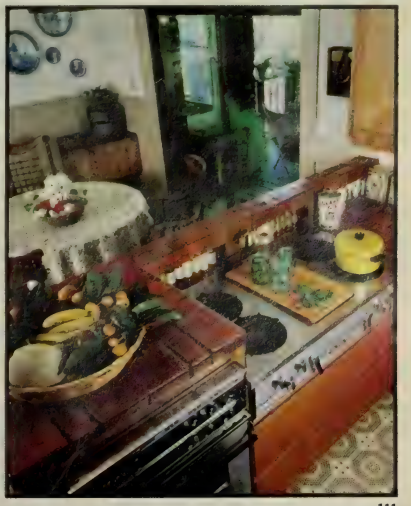
After



Although this space is minuscule, a lot of storage has been worked into the vertical-grain Douglas fir cabinets.

Photographs: Ernest Braun. Architects: Metamorphos Construction Corp. Field editor: Helen Heitkamp





Busy People's Recipe Contest Winners

By Nancy Byal

What do you cook for your family and friends when you're caught up in a race against time? We asked you that question last April when we announced our Busy People's Recipe Contest. You responded by sending us a host of beat-the-clock recipes. After intensive taste-testing, our judges selected 28 top prizewinners plus 100 honorable mentions. Prepare any of these blue-ribbon recipes for your family, and you're sure to win accolades, too.



1

FIRST PRIZE

World's easiest ever strawberry ice cream

This ingenious two-ingredient ice cream captured the $2,000 grand prize, and with good reason: It's as easy as it is delicious. And you won't need a minute extra to create a custom-made variation—just replace the strawberry jam with raspberry, cherry, pineapple, or any other favorite flavor of jam for your own version of this great-tasting treat.

Mrs. Jessilyn Akin, Verona, Missouri: "When I was a child, I made the mistake of using buttermilk instead of cream in my mother's ice cream recipe. Years later, I remembered the unique taste and came up with this surprising idea."

2 cups buttermilk
1½ cups strawberry jam

Stir buttermilk into jam. Pour into refrigerator tray; freeze firm. Cut up frozen mixture and place in chilled mixer bowl. Whip with electric mixer till fluffy. Return to tray; cover and freeze firm. (Or, freeze in ice cream freezer according to manufacturer's directions.) Spoon into sherbet dishes. Garnish with fresh strawberries and mint leaves, if desired. Makes about 1 quart.

Photographs: Sladcik. Food stylist: Fran Paulson



SECOND PRIZE

Mexican meat cups

A clever cook won $1,000 by shaping refrigerated biscuits into cups and filling them with ground beef.

Donna Branine, Greenwood, Indiana: "This recipe saves time three ways—I get the condiments ready ahead; I make the biscuits and heat the filling in 15 minutes; and I let each person serve himself."

1 package (10) refrigerated biscuits
1 pound ground beef
1 15½-ounce can chili beans
1 15¼-ounce can Mexican-style sandwich sauce
¼ cup water
1 cup shredded cheddar cheese
Shredded lettuce
Chopped tomato

Roll or pat each biscuit to a 3½- to 4-inch circle; fit over backs of well-greased muffin pans. Bake in a 400° oven 8 to 9 minutes. Brown meat; drain off fat. Stir in beans, sandwich sauce, and water; heat to boiling. With metal spatula, remove biscuits from pans. Fill with meat sauce. Top with cheese, lettuce, and tomato. Makes 10.



3

THIRD PRIZE

Wheat germ muffins

Kids of all ages will go for our $750 prizewinner. Biscuit mix, wheat germ, and peanut butter combine to make a tasty, light-textured, wholesome bread that's super for mealtime or snack-time. The recipe yields six muffins, perfect for small families, yet it can easily be doubled if you like. Serve the muffins warm from the oven with butter and your favorite jelly or jam.

Ms. Paulette Russell, Pacoima, California: "Besides being quick and easy to make, these muffins require minimal KP. You can mix the batter in one bowl, and you can use paper liners in the muffin pans."

⅔ cup packaged biscuit mix
⅓ cup wheat germ
¼ cup sugar

• • •

1 slightly beaten egg
⅓ cup water
2 tablespoons peanut butter
½ teaspoon vanilla
Butter curls (optional)

In mixing bowl combine packaged biscuit mix, wheat germ, and sugar. In another small bowl combine the slightly beaten egg, water, peanut butter, and vanilla; beat mixture smooth with a rotary beater. Add egg mixture to dry ingredients, stirring just till dry ingredients are moistened (do not overmix). Spoon batter into greased or paper-bake-cup-lined 2½-inch muffin pans, filling cups two-thirds full. Bake in 375° oven for 20 to 25 minutes or till golden brown. Serve with butter curls, if desired. Makes 6 muffins.



4

FOURTH PRIZE

Cherry brandy pie

Inside this $250 prizewinning pie is a frozen whipped cream-marshmallow filling studded with maraschino cherries and flavored with cherry brandy. To streamline this stunning pie even more, you can start with a store-bought chocolate crumb crust.

Lou Tremonti, Delhi, New York: "When you want a special dessert fast, try this recipe. The pie takes little time to prepare, and it stays in the freezer till needed."

1½ cups finely crushed chocolate wafers (30 wafers)
6 tablespoons butter *or* margarine, melted

• • •

1 7-ounce jar marshmallow creme
⅓ cup cherry brandy
2 tablespoons chopped maraschino cherries
2½ cups whipping cream
1 tablespoon maraschino cherry juice
6 whole maraschino cherries

Combine crushed wafers and butter or margarine. Press mixture firmly onto bottom and up sides of a 9-inch pie plate. Combine marshmallow creme and brandy; beat smooth with rotary beater. Fold in chopped cherries. Beat *2 cups* of the whipping cream to soft peaks; fold into marshmallow mixture. Turn into crust. Whip remaining cream and cherry juice; using pastry tube and tip, pipe atop pie. Garnish with whole cherries. Freeze overnight. Serve directly from freezer.



5

FIFTH PRIZE

Corn moussaka

This $250-winning takeoff on the classic Greek entrée tastes as if you spent hours in the kitchen—yet it goes together in minutes.

Mrs. Jane Marasco, Hendersonville, Tennessee: "On busy nights, I can put together this dish, plus a salad and bread, and serve my family or friends in next to no time. My family loves the unique taste the cinnamon adds. And I love how easy the recipe is on my budget and how few pans it takes to prepare."

1 17-ounce can whole kernel corn, drained
1½ pounds ground beef
1 tablespoon all-purpose flour
1 8-ounce can tomato sauce
½ teaspoon garlic salt
¼ teaspoon ground cinnamon
2 slightly beaten eggs
1½ cups cream-style cottage cheese with chives, drained
¼ cup grated Parmesan cheese
1 4-ounce package (1 cup) shredded mozzarella cheese
Slivered almonds (optional)

Spread corn in an ungreased shallow 1½-quart casserole or a 10x6x2-inch baking dish. In medium skillet brown ground beef; drain off excess fat. Add flour; cook and stir for 1 minute. Stir in tomato sauce, garlic salt, and cinnamon; pour over corn in dish. Bake in 350° oven for 15 minutes. Meanwhile, combine eggs and cottage cheese; spread over meat mixture. Top with Parmesan and mozzarella; sprinkle nuts over, if desired. Bake 10 to 15 minutes more. Makes 6 servings.



6

SIXTH PRIZE

Curried scrod

Ease plus elegance are the hallmarks of this recipe, winner of a $250 prize. You quick-marinate fresh or frozen fish (no thawing needed!) then quick-cook the fish, using a broiler or microwave oven.

Lynn Sametz, Dorchester, Maine: "We serve fish often, so I was looking for a simple, yet different, way to fix it. This very special entrée fills the bill. I can even prepare rice pilaf and a vegetable at the same time the fish cooks."

¼ cup honey
¼ cup Dijon-style mustard
2 tablespoons lemon juice
2 teaspoons curry powder
1 teaspoon salt
1½ pounds fresh *or* frozen cod *or* other whitefish, ¾ inch thick
Snipped chives and parsley

Blend honey, mustard, lemon juice, curry, and salt. Place fish in shallow dish. Spread some honey mixture over fish; turn and brush with remaining mixture. Let stand 15 minutes. Place fish on rack of broiler pan, reserving marinade. Broil 4 inches from heat 10 to 12 minutes; brush occasionally with marinade. Heat and pass remaining marinade. Place fish on platter; top with chives and parsley. Add cherry tomatoes and cooked carrots, if desired. Serves 6.

Microwave method: Prepare marinade and spread over fish in a 12x7x2-inch baking dish as above. Let stand 15 minutes. Micro-cook, covered, on HIGH power for 8 to 11 minutes, turning dish and brushing with marinade 2 or 3 times.



SEVENTH PRIZE

Frank 'n bean biscuit bake

Look what great things you can do with everyday frankfurters and beans! This $250-winning recipe features tasty frank-filled biscuits atop more franks, beans, and corn.

Shirley DeSantis, Bethlehem, Pennsylvania: "This recipe is so easy, a child can make it. And you usually have the ingredients on hand."

2 tablespoons chopped onion
2 tablespoons chopped green pepper
1 tablespoon butter *or* margarine
1 pound frankfurters
1 15¾-ounce can barbecue beans
1 11½-ounce can condensed bean with bacon soup
1 12-ounce can whole kernel corn
10 refrigerated biscuits
Prepared mustard
1 tablespoon butter *or* margarine, melted
1 tablespoon toasted sesame seed

In a 10-inch ovenproof skillet, cook onion and green pepper in the 1 tablespoon butter or margarine. Cut ten 1-inch pieces of frankfurter; set aside. Thinly slice remaining franks; add to skillet. Stir in beans, soup, *undrained* corn, and ¼ cup *water*. Heat and stir to boiling. Roll each biscuit to a 3-inch circle; spread with mustard. Place a reserved frank in the center. Wrap dough around frank; seal and make a ½-inch slit in the top. Arrange biscuits, seam down, atop *hot* bean mixture; brush with melted butter and sprinkle with sesame seed. Bake in 375° oven 18 to 20 minutes. Serves 6. **continued**

Germany

As close as the Campbell's Soup on your shelf.



Beef Rouladen

3 slices bacon, cut in half
1½ pounds thinly sliced round steak (¼ inch thick)
2 tablespoons Dijon mustard
3 medium dill pickles, cut in quarters lengthwise
6 medium carrots (about 1 pound), cut in quarters lengthwise
¼ cup finely chopped onion
1 can Campbell's Beefy Mushroom or Golden Mushroom Soup
½ cup chopped celery
½ cup chopped parsnips
2 tablespoons chopped parsley

In skillet, cook bacon until crisp; remove and crumble. Cut meat into 6 pieces (6x4"); pound. Spread each with 1 teaspoon mustard. Place 2 pieces of pickle and 4 pieces of carrot across the narrow end; sprinkle with 2 teaspoons onion. Starting at narrow end, roll up. Tuck in ends; fasten with toothpicks or skewers. Brown roll-ups in drippings; pour off fat. Stir in soup, celery, parsnips and parsley. Cover; cook over low heat 1 hour 15 minutes. Stir occasionally. Thin with water if desired. Serve with mashed potatoes. Garnish with bacon. Makes 6 servings.

Kartoffelsuppe (NOT SHOWN)

½ pound frankfurters or 2 knockwurst, diagonally sliced
½ cup chopped celery
¼ cup finely chopped onion
¼ teaspoon celery seed
2 tablespoons butter or margarine
2 cans Campbell's Cream of Potato Soup
1½ soup cans milk
¼ cup chopped parsley



In large saucepan, brown frankfurters and cook celery and onion with celery seed in butter until tender. Blend in soup, milk and parsley. Heat; stir occasionally. Makes about 5½ cups.

A world of good cooking brought home with Campbell's



8
EIGHTH PLACE

Funky Chicken

This terrific $250-winning main dish calls for a package of frozen fried chicken that you can find in supermarket freezer cases. But you can also use the same quick-to-fix sauce embellishment on fried chicken that you buy from a deli or franchise food outlet—just omit the first 15 minutes of the baking time.

Karen G. Love, Wichita, Kansas: "This ultraconvenient fix-up puts homemade taste into commercially fried and frozen chicken. It's special enough to prepare as a Sunday or 'for company' meal served with rice and a vegetable salad or side dish."

1 32-ounce package frozen fried chicken
Garlic salt

• • •

1 cup apricot preserves
½ cup bottled barbecue sauce
½ cup frozen chopped onion
2 tablespoons soy sauce

Arrange chicken pieces in a single layer in an ungreased 13x9x2-inch baking dish. Sprinkle chicken lightly with garlic salt. Bake, uncovered, in a 375° oven for 15 minutes. Meanwhile, in a small bowl combine the apricot preserves, the barbecue sauce, chopped onion, and soy sauce. Spoon over chicken. Bake, uncovered, 20 minutes or till chicken is heated through. Makes 4 or 5 servings.



9
NINTH PLACE

Snow-capped Broccoli Spears

This recipe turns a minimum of ingredients into a showy and succulent vegetable dish worthy of a $250 prize. While the recipe calls for frozen broccoli to save time, you can also use fresh broccoli. Either way, this side dish is a perfect complement to special-occasion roasts, steaks, and chops.

Mary Hatanaka, Fairport, New York: "What makes this recipe special is that it's as easy as it is elegant. Even the impressive soufflé-like topping goes together in next to no time."

2 10-ounce packages frozen broccoli spears
1 tablespoon butter or margarine, melted
2 egg whites
¼ teaspoon salt
⅓ cup mayonnaise or salad dressing
Grated Parmesan cheese

Cook broccoli spears according to package directions; drain well. Arrange broccoli with stem ends toward the center on an ovenproof platter or in a 9-inch pie plate; brush broccoli with the melted butter or margarine. In a small bowl beat egg whites and salt with rotary beater till stiff peaks form (tips stand straight); gently fold in mayonnaise or salad dressing. Spoon mixture in center of broccoli; sprinkle with Parmesan. Bake at 350° for 12 to 15 minutes. Makes 6 servings.



10
TENTH PLACE

Curried Fruit and Nut Salad

Looking for a something-different salad that's easy, too? This $250 winner is the answer.

Marianne Hall, Los Angeles, California: "It usually takes me ten to 15 minutes to prepare this salad—less when I've washed the greens ahead of time."

1 head red leaf lettuce or romaine, torn
1 cup torn fresh spinach
1 11-ounce can mandarin orange sections, chilled and drained
1 cup grapes, seeded and halved
½ cup toasted slivered almonds
½ cup salad oil
⅓ cup white wine vinegar
1 clove garlic, minced
2 tablespoons packed brown sugar
2 tablespoons minced frozen chives
1 tablespoon curry powder
1 teaspoon soy sauce
1 avocado, peeled, seeded, and sliced

In salad bowl combine lettuce, spinach, orange sections, grapes, and almonds. In screw-top jar combine salad oil, vinegar, garlic, brown sugar, chives, curry powder, and soy sauce. Just before serving, toss some of the dressing with the salad. Garnish with avocado. Pass remaining dressing. Makes 8 servings.

continued



These 16 Campbell's soups have always been light in calories. What great-tasting ways to eat light!

Lee Meriwether



Beef Broth/30 Calories
Beef Noodle/90 Calories
Beefy Mushroom/90 Calories
Chicken & Stars/80 Calories
Chicken Broth/50 Calories
Chicken Gumbo/70 Calories
Chicken NoodleO's/90 Calories
Chicken Vegetable/90 Calories
Chicken with Rice/80 Calories
Clam Chowder Manhattan Style/90 Calories
Consommé/45 Calories
Old Fashioned Vegetable/90 Calories
Onion/80 Calories
Turkey Noodle/80 Calories
Turkey Vegetable/90 Calories
Vegetarian Vegetable/90 Calories

When you're looking for some great-tasting ways to eat light, just look for the calories listed on the labels of all Campbell's Soups. You'll find that lots of your favorites are Light Ones, with only 90 calories or less a 10-ounce serving.

The Light Ones

Oh the lovely nutty things you can do with Diamond® Walnuts.

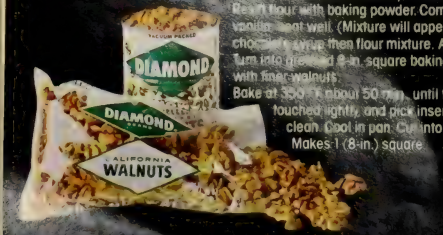


Crunchy Diamond Walnuts and chocolate syrup give these moist brownies a rich new taste.

Chocolate Syrup Brownies

1 cup Diamond Walnuts
1 cup sifted all-purpose flour
½ tsp. baking powder
½ cup soft butter or margarine
¾ cup brown sugar, packed
1 large egg
1 tsp. vanilla
1 can (5.5 oz.) chocolate syrup

Chop ½ cup walnuts coarsely; remainder fine for tops of brownies. Resift flour with baking powder. Combine butter, sugar, egg and vanilla; beat well. (Mixture will appear slightly curdled.) Stir in chocolate syrup then flour mixture. Add coarsely chopped walnuts. Turn into greased 8-in. square baking pan; spread level. Sprinkle with fine walnuts.
Bake at 350° F. about 50 min., until top springs back when touched lightly, and pick inserted in center comes out clean. Cool in pan. Cut into squares or bars to serve. Makes 1 (8-in.) square



continued

Recipe contest winners



11TH PRIZE
Instant Reuben Casserole
Patricia Lanier, Durham, North Carolina: "There's next to no measuring involved, because this is the ultimate pantry put-together."

4 slices rye bread
1 tablespoon prepared mustard
• • •
1 12-ounce can corned beef
1 16-ounce can sauerkraut, drained and snipped
1 10½-ounce can condensed tomato soup
¼ cup water
3 tablespoons sweet pickle relish
• • •
5 slices process Swiss cheese, halved diagonally (5 ounces)

Spread rye bread with mustard. Cut bread into cubes (about 2½ cups cubes); place in bottom of buttered 9x9x2-inch baking pan. Crumble corned beef evenly over bread. Stir together sauerkraut, tomato soup, water, and relish; spoon atop corned beef. Bake, uncovered, in 375° oven for 25 minutes. Arrange half slices of cheese over top; return to oven for 5 minutes more or till cheese melts. Cut in squares to serve. Makes 6 servings.

Microwave method: Prepare recipe as above *except* use an 8x8x2-inch nonmetal baking dish. Micro-cook, uncovered, on HIGH power in countertop microwave oven for 10 minutes, giving dish a half-turn once. Add cheese; cook 2 minutes more.

continued

Farberware found that the best way to get something done is to go around in circles.

The Farberware Convection Oven. A cooler, cleaner, faster and more economical way to cook.

The Farberware® Convection Oven is taking cooking in a totally new direction.

It works on the principle that if you constantly circulate hot air around the food, food will constantly come out better. That's the same concept cooks have used in professional ovens for years.

You can roast, bake and broil. In fact, you can roast up to an 18 lb. turkey in one-third less time. And because the food is surrounded by even heat, you never have to turn anything over. It also cooks frozen meat in the time it would normally take to cook thawed meat.

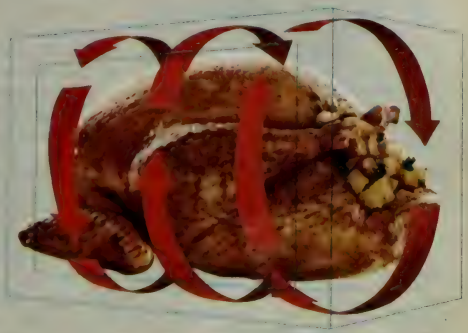
Foods look and taste better than ever before. Poultry gets done to a golden brown, tender and moist throughout. Meats come out pink and juicy inside, brown and sizzling outside. And cakes, pies and breads are so light and moist they'd make a baker envious.

Plus, there's room enough for two cooking racks. So you can cook several different things at the same time.

Exclusive "Probe-A-Matic Control"

Here's a way, other than guessing, to know when a rib roast or London broil is cooked precisely to your liking.

Our Precision Probe-A-Matic™ Control enables you to achieve the highest degree of accuracy in cooking. All you have to do is set the control to the correct internal meat temperature for rare, medium-rare, etc. Once you insert the meat probe, the oven is on "automatic pilot." It shuts itself off when the meat is done.



Save Time, Work and Money

In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true; the oven's top and sides stay cool enough to touch.

It even cleans up after itself. The inside walls of our oven are treated to vaporize food splatters while the oven is on.

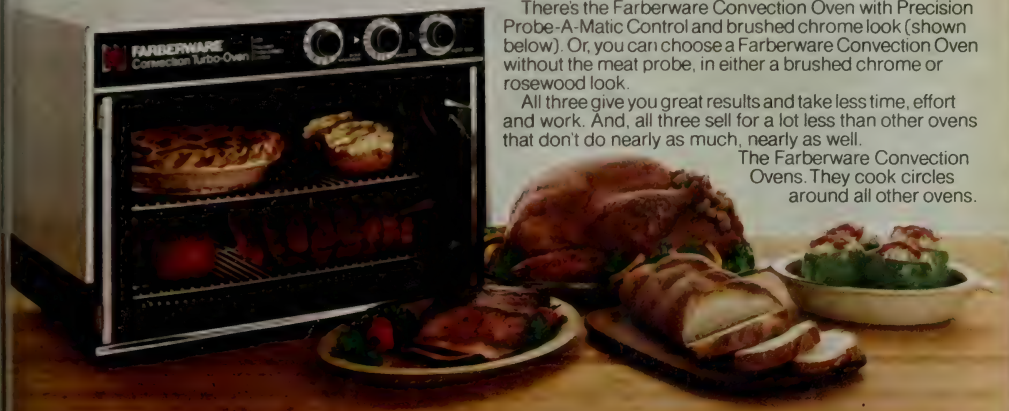
The Choicest Choices

Farberware wasn't content to make only one portable electric counter-top oven that would be vastly superior to any conventional oven made. So, we made three.

There's the Farberware Convection Oven with Precision Probe-A-Matic Control and brushed chrome look (shown below). Or, you can choose a Farberware Convection Oven without the meat probe, in either a brushed chrome or rosewood look.

All three give you great results and take less time, effort and work. And, all three sell for a lot less than other ovens that don't do nearly as much, nearly as well.

The Farberware Convection Ovens. They cook circles around all other ovens.



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continued

Recipe contest winners



12TH PRIZE

Oriental Beef and Broccoli

Mrs. Barbara Hansen, Walnut, California: "With traditional stir-fry dishes, you have to stir constantly but you don't with this one because it cooks in the microwave on its own."

12 ounces fresh broccoli
1 medium onion, sliced
1 green pepper, cut in 1-inch pieces
1 tablespoon cooking oil
3 tablespoons cornstarch
2 tablespoons brown sugar
1 teaspoon instant beef bouillon granules
½ cup water
⅓ cup dry white wine
¼ cup soy sauce
1 pound beef round steak, cut in bite-size strips
1 cup fresh bean sprouts

Thinly slice broccoli on the diagonal (should have about 4 cups). In a 12x7½x2-inch nonmetal baking dish stir together broccoli, onion, green pepper, and oil. In small bowl combine cornstarch, brown sugar, and bouillon granules; stir in water, wine, and soy sauce. Pour wine mixture over the vegetables in dish. Micro-cook, covered, in counter-top microwave oven at HIGH power for 11 minutes, stirring after 4 minutes. Stir in beef strips and bean sprouts. Cook, covered, 5 to 6 minutes more or till meat is tender, stirring after 3 minutes. Stir. Pass additional soy sauce. Makes 4 servings.



13TH PRIZE

Deluxe Date Cranberry Ring

Mrs. Michael Nagy, Westlake, Ohio: "You don't even have to cut up fruit for this super-simple cake."

2 beaten eggs
1 16-ounce can cranberry sauce
1 cup buttermilk
¼ cup cooking oil
2 17-ounce boxes date quick bread mix
1 cup chopped walnuts
½ cup orange juice
½ cup sugar



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn your plain cream pies into

GF GENERAL FOODS

Combine eggs and cranberry sauce; stir to break up sauce. Stir in buttermilk and oil. Add bread mixes; stir just till combined. Fold in nuts. Pour into a greased 10-inch fluted tube pan. Bake in 350° oven 60 to 65 minutes. Cool in pan 20 minutes; turn out onto rack over a tray.

Meanwhile, in small saucepan combine orange juice and sugar; heat and stir till boiling. Cool 20 minutes. With long-tined fork, prick top of warm cake. Slowly spoon syrup over cake; spoon any syrup on tray over cake. Cool. Wrap; store in refrigerator.



14TH PRIZE

Artichoke Mushroom Pie

Kathy Brinkman, Montauk, New York: "To save time I use commercially frozen piecrusts for both crusts, and I shred the cheese in a food processor."

- **2 9-inch frozen deep-dish pastry shells**
- **2 cloves garlic, minced**
- **1 tablespoon cooking oil**
- **1 14-ounce can artichoke hearts, drained and halved (8½ ounces drained weight)**
- **1 4-ounce can mushroom stems and pieces, drained**
- **4 beaten eggs**
- **1 cup shredded mozzarella cheese**
- **1 cup shredded cheddar cheese**
- **1 cup shredded Gruyère cheese**
- **¼ cup chopped pitted ripe olives**
- **⅛ teaspoon pepper**

Remove pastry shells from freezer. Turn one shell out of foil pan onto waxed paper; let thaw 10 minutes. Press gently to flatten.

In small skillet cook garlic in hot oil; stir in artichokes and mushrooms. Spoon mixture into bottom of pie shell in the pan. In a bowl combine eggs, cheeses, olives, and pepper; pour over vegetables. Place flattened shell atop; turn under and crimp edges. Cut slits in top. Bake on preheated baking sheet in 350° oven for 40 to 50 minutes. Let cool 5 minutes before cutting into wedges. Makes 6 main dish or 12 appetizer servings.



15TH PRIZE

Waldorf Coleslaw

Marilyn Gabriel, San Diego, California: "Once I avoided recipes that required lots of shredding, now but I use a food

continued



Chocolate Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2¾ cups cold milk
- 2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding or any other flavor
- 1 9-inch prepared pie crust
- 1 teaspoon vanilla

a. Prepare whipped topping mix as directed on package (using 1 cup milk and 1 teaspoon vanilla) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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Orange-Almond Salad

Dressing:

½ cup salad oil
3 Tbsp. wine vinegar
1 Tbsp. lemon juice
2 Tbsp. sugar
½ tsp. salt
½ tsp. dry mustard
½ tsp. grated onion

Shake ingredients together in a jar. Refrigerate one hour before serving.



Salad:

1 11-oz. can mandarin oranges, drained
1 bunch Romaine, Boston or leaf lettuce, torn
½ red onion, sliced
¼ cup slivered almonds, toasted
1 can Tender Chunk® ham, chicken or turkey, flaked with fork

Combine all ingredients. Pour dressing over and toss. Serves 4-6.

Cheesy Broccoli Bake

1 10-oz. pkg. frozen broccoli, chopped
1 10¾-oz. can cheddar cheese soup
1 can Tender Chunk® ham, chicken or turkey, flaked with fork
1 cup cooked rice
½ cup sour cream
½ cup buttered bread crumbs



Preheat oven to 350°. Cook broccoli until barely tender. Drain well. Stir soup and sour cream together. Add remaining ingredients to soup and sour cream mixture. Spoon into 1½-qt. casserole. Sprinkle with bread crumbs. Bake 30-35 minutes. Serves 4-6.

Hot Hoagie Sandwiches

1 can Tender Chunk® ham, chicken or turkey, flaked with fork
¼ cup mayonnaise
¼ cup sour cream
2 Tbsp. chopped onion
2 Tbsp. chopped parsley
¼ tsp. garlic salt
3 Tbsp. butter
½ long loaf French bread



6 oz. cheddar cheese, grated

Combine first 6 ingredients. Slice bread lengthwise. Butter bread and spread with meat mixture. Cover with cheese and garnish with green pepper and ripe olives, if desired. Broil until cheese is bubbly. Serves 3-4.

Hormel

continued

Recipe contest winners

processor for this refreshing salad so the shredding is a cinch."

1 small head cabbage, cored
1 medium apple, cored and quartered
1 lemon slice
¼ cup walnuts
¼ cup raisins (optional)

• • •

1 8-ounce carton (1 cup) pineapple yogurt
¼ cup dairy sour cream

Insert slicing disk in work bowl of food processor. Cut cabbage into wedges to fit feed tube; slice. As work bowl gets full, transfer to mixing bowl. Slice apple. Add to bowl. Place steel blade in processor work bowl. Add lemon slice and nuts; process till chopped. Add to cabbage along with raisins. Blend yogurt and sour cream. Pour over cabbage mixture; toss gently. Season with salt. Serve at once. Serves 8.



16TH PRIZE

Stuffed Knockwurst and Potato Salad

Alan Norman Kvam, Jr., Bennington, Vermont: "Fixing this hot salad is merely a matter of assembling convenience foods—knockwurst, canned potato salad, and canned sauerkraut—and heating them in a casserole. I usually serve fruit salad and dark bread as accompaniments."

2 15-ounce cans German potato salad
8 knockwurst (1½ pounds)

• • •

1 8-ounce can sauerkraut, drained and snipped
4 slices Swiss cheese, each cut in 4 strips (4 ounces)

• • •

¼ cup dairy sour cream
¼ cup mayonnaise *or* salad dressing
¼ cup catsup
1 teaspoon dried dillweed
¼ teaspoon garlic salt
⅛ teaspoon pepper

Spread potato salad in a 12x7½x2-inch baking dish. Slice knockwurst lengthwise three-fourths of the way through; spread open. In each knockwurst spoon 2 tablespoons sauerkraut; top with 2 strips cheese. Press knockwurst, stuffed side up, into potato salad. Bake, uncovered, in 350° oven 25 to 30 minutes. Combine sour cream, mayonnaise, catsup, dill, garlic salt, and pepper. Heat, if desired. Pass the sauce to spoon over each serving. Makes 4 to 6 servings.

continued

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Less oil-more food. Presto® FryDaddy® deep fryer cooks four servings in only 4 cups of oil. Saves money.

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continued

Recipe contest winners



17TH PRIZE
Shoofly Cake

Mrs. Paulette Moll, Quakertown, Pennsylvania: "This is a crustless, shortcut version of shoofly pie. There's no need for an electric mixer; just a spoon will do. Follow a few easy steps and you have a breakfast coffee cake, a surprise lunch-box treat, or a terrific snack!"

2½ cups all-purpose flour
¾ cup sugar
1 teaspoon baking soda
½ teaspoon salt
• • •
½ cup shortening
• • •
1 cup hot water
½ cup light molasses
Whipped cream *or* vanilla ice cream (optional)

In mixing bowl stir together flour, sugar, soda, and salt. Cut in shortening till mixture resembles fine crumbs. Remove ⅓ cup of the crumbs and set aside. Stir together hot water and molasses; add to crumb mixture in bowl. Stir just till blended.

Turn batter into a greased 9x1½-inch round cake pan. Sprinkle reserved crumbs over top. Bake in 350° oven for 25 to 30 minutes or till cake proves done when tested with a wooden pick. Serve warm or cool with whipped cream or ice cream, if desired.



18TH PRIZE
Inside-out Stuffed Chicken

M. L. Hinojosa, Houston, Texas: "I had already started to prepare a packaged stuffing mix for roast chicken when I realized that my husband had cut up the chicken I was going to use. So I improvised and ended up with this crunchy variation of oven-fried chicken and stuffed roast chicken all rolled into one great dish."

1 8-ounce package corn bread stuffing mix
¼ cup butter *or* margarine, melted

KRAFT SALUTES DISNEYLAND'S® 25th FAMILY REUNION

Tweedle Dum Dip

½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
2 tablespoons milk
⅓ cup dairy sour cream or yogurt
2 tablespoons finely chopped green pepper
1 tablespoon finely chopped onion
1 tablespoon chopped pimiento

Heat process cheese spread and milk over low heat; stir until sauce is smooth. Add remaining ingredients; mix well. Heat thoroughly. Serve warm with vegetable dippers. 1⅔ cups



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SAVE 15¢
on one 2 lb. box or two 1 lb. boxes of VELVEETA Process Cheese Spread

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MO-3

15¢ 21000 100095 15¢

- **1 10¾-ounce can condensed cream of chicken soup**
- **⅓ cup milk**
- **1 2½- to 3-pound broiler-fryer chicken, cut up**

In a large bowl combine stuffing mix and melted butter or margarine; toss well. In medium bowl stir together soup and milk. Dip chicken into soup mixture then into stuffing, pressing with hands to coat. Place on ungreased 15x10x1-inch baking pan. Bake in 375° oven for 1 hour. Serves 3 or 4.



19TH PRIZE

Can Opener Enchiladas

Sally J. Hertel, Spokane, Washington: "One night, I arrived home late and discovered I'd forgotten to take meat out of the freezer for dinner. Thirty minutes after I began opening cans, I served this microwave casserole to my hungry family. They gobbled it up, and the dish is now a favorite."

- **1 10¾-ounce can condensed cream of chicken soup**
- **1 8-ounce can cream-style corn**
- **½ cup sliced green onion**
- **1 tablespoon chili powder**
- **2 5-ounce cans chunk-style chicken, drained and diced**
- **½ cup dairy sour cream**
- **¼ cup milk**
- **1 package (12) 6-inch flour tortillas**
- **1½ cups shredded cheddar cheese**
- **3 or 4 green pepper rings**
- **Pitted ripe olives**

In a nonmetal bowl combine soup, corn, green onion, and chili powder. Micro-cook, uncovered, in a countertop microwave oven on HIGH power for 4 minutes or till hot, stirring once. Stir in chicken, sour cream, and milk. Slit package that holds tortillas. Cook on HIGH power for 1 minute or till tortillas are softened. Spread about 1¼ cups of the chicken mixture in a 12x7½x2-inch nonmetal baking dish. Spread a scant one-fourth cup of the chicken mixture on each tortilla. Top with about 1 tablespoon of the cheese; roll up. Place, seam side down, in the mixture in baking dish. Cook, uncovered, for 6 to 8 minutes or till heated through. Top with remaining cheese; return to microwave and cook for 2 minutes more or till cheese melts. Garnish with green pepper rings and olives. Makes 6 servings.



continued

ITH A WONDERLAND OF RECIPES AND SAVINGS



t like Alice in Wonderland, you'll fall for these dippy characters. Cheesy Tweedle Dum Dip is al smoothie, while his spicy avocado sidekick edle Dee Dip tastes hot, serves cold. Together, 're sure to charm your guests. And Kraft

Tweedle Dee Dip

2 avocados, peeled, mashed
½ cup KRAFT Real Mayonnaise
¼ cup chopped onion
½ teaspoon salt
Dash of hot pepper sauce
4 crisply cooked bacon slices, crumbled

Combine avocado, mayonnaise, onion, salt and hot pepper sauce; mix well. Chill. Stir in bacon just before serving. Serve with corn or tortilla chips. 2 cups

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CO-4

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continued

Recipe contest winners

20TH PRIZE

Mexican Soup

Marcia Rasch, Huntington Beach, California: "This is a family recipe that originated in the Nebraska farmland. The soup is hearty, nutritious, and easy enough to prepare after a hard day's work in the fields."

4 slices bacon, diced
¾ cup chopped onion
¾ cup chopped celery
½ cup chopped green pepper
1 clove garlic, minced
1 16-ounce can refried beans
¼ teaspoon pepper
¼ teaspoon chili powder
Several dashes bottled hot pepper sauce (optional)
1 14½-ounce can chicken broth
Shredded cheddar cheese
Chopped tomato
Crushed tortilla chips

In 2-quart saucepan cook bacon till crisp. Add onion, celery, green pepper and garlic; cook, covered, over low heat, stirring occasionally, about 10 minutes or till vegetables are tender but not brown. Add beans, pepper, chili powder, and hot pepper sauce. Stir in chicken broth. Bring to boiling. Serve in bowls; pass cheese, tomato and tortilla chips to sprinkle over each serving. Makes 4 servings.



21ST PRIZE

Taco Salad Pie

Mrs. Jean W. Sanderson, Leawood, Kansas: "To make this main dish, you just reassemble all the ingredients you use in a taco salad. You micro-cook the ground beef 'crust' with a bean filling, then top it all off with lettuce, tomato, olives, and sour cream."

1 beaten egg
½ cup hot taco sauce
2 cups cheese-flavored croutons, crushed
¼ teaspoon salt
½ pound lean ground beef
½ cup sliced green onions
3 beaten eggs
1 15½-ounce can chili beans with chili gravy
1 cup shredded cheddar cheese (4 ounces)
Shredded lettuce
Chopped tomatoes
Dairy sour cream
Sliced pitted ripe olives

In mixing bowl combine the 1 beaten egg and the taco sauce. Stir in the croutons and salt; let stand 5 minutes or till liquid is absorbed. Add beef and *¼ cup* of the onions; mix well. Press into bottom and up sides of a 9-inch nonmetal pie plate to form a shell. In a nonmetal bowl combine the three eggs, the *undrained* chili beans, cheese, and remaining onion. Micro-cook, covered, on HIGH power of counter-top microwave oven for 3 minutes, stirring after each minute; pour mixture into meat crust. Cook, uncovered, 12 to 13 minutes or till filling is almost set, giving dish a quarter turn every 4 minutes. Let stand 10 minutes before cutting into wedges. Top each wedge with lettuce, tomatoes, a dollop of sour cream, and olives. Makes 6 servings.



22ND PRIZE

Instant Black Forest Pie

Jennifer Machlin, San Francisco, California: "All the cook book recipes I have for chocolate mousse pie are time-consuming. This one requires no cooking, almost no preparation, and only four utensils: a mixing bowl, spoon, rotary beater, and sharp knife."

½ cup cherry preserves
1 9-inch frozen deep-dish pastry shell, baked and cooled
1 4-serving-size package *instant* chocolate pudding mix
2 8-ounce cartons (2 cups) cherry yogurt
2 tablespoons crème de cacao
1 teaspoon vanilla
1 4-ounce carton frozen whipped dessert topping, thawed
1 square (1 ounce) semisweet chocolate *or* 1 1¼-ounce milk chocolate bar, shaved

Cut up any large pieces of cherry in the preserves; spread over bottom of baked pie shell. In mixing bowl combine the pudding mix, yogurt, crème de cacao, and vanilla; beat well with rotary beater. Spread over preserves. Cover and chill several hours or overnight. Before serving, spread whipped topping over filling. Sprinkle with shaved chocolate.



23RD PRIZE

German Chocolate-Raisin Cake

Mrs. Marilyn J. Whitten, Tallahassee, Florida: "I really love to experiment with recipes, and this cake is one of my successful results. It's speedy, too. I mix it up in only five minutes using cake mix and pie filling."

1 2-layer-size package German chocolate cake mix (pudding-type)
1½ teaspoons ground cinnamon
1 22-ounce can raisin pie filling
3 slightly beaten eggs
Powdered sugar

continued on page 135

The flavor says, "butter." The dishes say...



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Enjoy these PYREX® Brand marga- e dishes, which are compatible with the nous CORELLE® livingware patterns. ey come in Winter Frost White, Spring ssom Green, Butterfly Gold, or Old wn Blue.

The cup dish and its plastic lid, nor- lly $4.95, is only $2.25, and the stick h, normally $4.75, is just $2.50 with a RKAY Margarine proof-of-purchase for ch dish ordered. That's a savings of 95 if you purchase both dishes.

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Sunrise Cherry Pie
KRAFT
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Success with ease with "Philly" Cream Cheese.

Sunrise Cherry Pie

- 1 8¼ oz. can crushed pineapple
- 1 8-oz. package Philadelphia Brand cream cheese, softened
- ½ teaspoon vanilla
- 1 21-oz. can cherry pie filling
- 1 cup heavy cream
- ¼ cup confectioners' sugar
- 1 6-oz. Johnston's graham cracker Ready-Crust pie crust



1. Drain pineapple well, reserving two tablespoons syrup. Combine softened cream cheese, vanilla and reserved syrup, mixing until well blended.



2. Stir in ¼ cup pineapple and ½ cup pie filling.

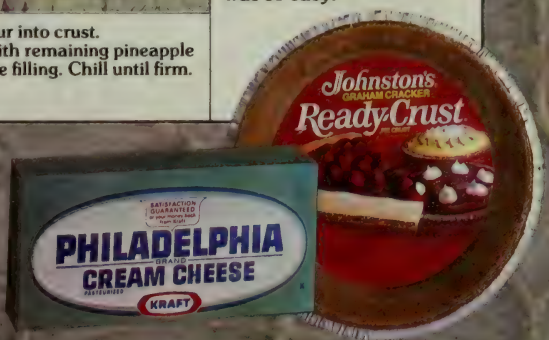


3. Gradually add sugar to cream, beating until soft peaks form. Fold into cream cheese mixture.



4. Pour into crust. Top with remaining pineapple and pie filling. Chill until firm.

Make the dreamiest pie you've ever tasted with the cream of cheese, Philadelphia Brand cream cheese, and Johnston's graham cracker Ready-Crust pie crust. Sunrise Cherry Pie, simple to make and guaranteed to shine up your most special meal. Who'd have dreamed it was so easy?



The Cream of Cheese.


We put in cream but kept it lea
Impossible? No — it's still only half the fat. But, now there's just a touch of cream in Light n' Lively process cheese product.
Enjoy delicious Light n' Lively process cheese product on sandwiches, salads, or for snacking. Creamy, smooth Light n' Lively. Now also available in an 8-slice package. Full cheese flavor. Still, half the fat.
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ntinued from page 130

Recipe contest winners

In mixing bowl stir cake mix and nnamon. Add pie filling and eggs; ir just till combined. Turn into light- greased and floured 9-inch fluted be pan. Bake in 350° oven for 55 to) minutes or till cake tests done. Let ol in pan 10 minutes. Remove from an to wire rack; cool thoroughly. Sift wdered sugar lightly over cake.



4TH PRIZE

am-mac Bake

Irs. Marjorie Lindsay, Bonaparte, wa: "You can put this hearty main ish together quickly with macaroni nd cheese dinner mix, ham, and ackaged bread crumbs. Sometimes I ubstitute a can of chunk-style chicken turkey and 2 tablespoons chopped imiento in place of the ham and dry ustard."

7¼-ounce package macaroni and cheese dinner mix
6¾-ounce can chunk-style ham, drained and broken into chunks
cup cream-style cottage cheese
cup dairy sour cream
tablespoons sliced green onion
teaspoon salt
teaspoon dry mustard

• • •

cup soft bread crumbs (1 slice bread)
tablespoons grated Parmesan cheese
1 tablespoon snipped parsley
1 tablespoon butter *or* margarine, melted

Prepare macaroni and cheese mix according to package directions. Stir in ham, cottage cheese, sour cream, green onion, salt, and mustard. Turn mixture into a 1½-quart casserole.

Combine bread crumbs, Parmesan cheese, snipped parsley, and melted butter or margarine; sprinkle atop casserole. Bake casserole in 350° oven for 35 minutes or till heated through. Makes 4 or 5 servings.



25TH PRIZE

Tuna Chowder

Mrs. Mary Ruth Castle, Glendale,

continued

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It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters...and the pan pops right into the dishwasher for easy cleaning.

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This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

Once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

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We bring good things to life.

GENERAL ELECTRIC

continued

Recipe contest winners

Arizona: "One day I had to prepare a luncheon on very short notice. I simplified a more complicated fish chowder by substituting au gratin potato mix for fresh potatoes, and using canned tuna and corn."

6 slices bacon
½ cup chopped onion
2 cups water
1 10¾-ounce can condensed chicken broth
1 5½-ounce package au gratin potato mix
½ cup chopped celery
½ teaspoon salt
¼ teaspoon white pepper
3 cups milk
2 6½-ounce cans tuna, drained and flaked
1 17-ounce can whole kernel corn

In Dutch oven cook bacon till crisp. Drain and crumble bacon; set aside. Reserve 1 tablespoon drippings in pan. Add onion to drippings in pan; cook till tender but not brown. Add water, chicken broth, the potatoes from the mix, the celery, salt, and pepper. Bring to boiling; reduce heat. Cover and simmer 25 minutes, stirring often. Stir about *1 cup* of the milk into the packet of seasoning from the au gratin mix. Add to broth mixture along with remaining milk, tuna, and *undrained* corn. Heat and stir till mixture thickens slightly and bubbles. To serve, ladle into soup bowls; sprinkle crumbled bacon atop each serving. Makes 8 servings.



26TH PRIZE
Nut-crusted Flounder

James L. Strieber, Alameda, California: "I came up with this entrée when I was searching for a special fish dish that wasn't fried or sauced. The entrée fits my busy schedule, too. The ingredients are simple to put together, and the baking requires less cleanup than frying."

1 16-ounce package frozen flounder fillets
⅓ cup finely chopped toasted almonds
3 tablespoons wheat germ
¼ teaspoon salt
⅛ teaspoon paprika
2 tablespoons dairy sour cream
1 tablespoon mayonnaise *or* salad dressing
1 teaspoon lemon juice
½ teaspoon soy sauce
Dash onion powder

To partially thaw fish, place wrapped fish in baking dish; fill with warm water. Let stand 10 minutes. Meanwhile, combine almonds, wheat germ, salt, and paprika. In small bowl stir together sour cream, mayonnaise,

Bake rings around Easter.

DEL MONTE® Pineapple helps you add that special "zing" to your Easter Holiday dinner. We grow and pack a select strain of tropical pineapple—bright yellow, sweet, and juicy. You can always rely on DEL MONTE for the holidays, because it has set the standard for quality in canned fruit for over 80 years.

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"8 Rings of Zing in the 15 oz. can."

lemon juice, soy sauce, and onion powder. Cut fish crosswise into 8 portions. Spread mayonnaise mixture on all except the bottom side of each portion; coat with crumb mixture. Arrange, uncoated side down, in greased shallow baking pan. Bake in 400° oven for 25 to 30 minutes or till fish flakes easily with a fork. Makes 4 servings.



27TH PRIZE

Very Easy Borsch

Beatrice Taines, Walnut Creek, California: "Because I teach full time, I rarely have enough free hours to cook from scratch. This easy hot soup satisfies my husband's love for homemade-tasting soups and my need to get dinner on the table quickly."

- 1 envelope dry onion soup mix
- 2 16-ounce cans julienne-beets
- 1 16-ounce jar sweet-sour red cabbage
- 1 11-ounce can condensed beef broth

Dairy sour cream

In a 4-quart Dutch oven prepare onion soup mix according to package directions. Stir in *undrained* beets, *undrained* cabbage, and broth. Heat through. Serve topped with dollops of sour cream. Makes 8 to 10 servings.



28TH PRIZE

Egg Drop Vegetable Soup

Susan Abbie Ray, Wheaton, Illinois: "I was supposed to bring a Chinese dish to a dinner party, but I was running an hour and a half late. After the frantic feeling passed, I put together this soup in half an hour. It was the star of the party."

- 2 32-ounce cans (8 cups) chicken broth
- 1 tablespoon molasses
- 2 beaten eggs
- 2 tablespoons water
- 1 10-ounce package frozen Chinese-style vegetables
- 1 6-ounce package frozen tiny shrimp
- ½ of a 7-ounce package (42) 4-inch-square wonton skins, cut into 1-inch strips and separated
- 5 green onions, sliced

In Dutch oven or kettle combine chicken broth and molasses; bring to boiling. In small bowl combine eggs and water; set aside. To boiling broth add frozen vegetables, frozen shrimp, wonton strips, and green onions; return to boiling, stirring to separate vegetables. Slowly pour in beaten egg mixture, stirring constantly. Reduce heat and simmer, uncovered, 5 minutes. Makes 10 servings.



HAM WITH GINGERED PINEAPPLE

5 lb. canned ham
1 can (15-1/4 oz.) DEL MONTE Sliced Pineapple In Its Own Juice
1/4 cup sugar
1 tsp. soy sauce
1/2 tsp. ground ginger
1 Tbsp. cornstarch

Bake ham on rack in roasting pan at 350° F. for 1-1/2 hours or until thermometer registers 140° F. Blend juice from pineapple with sugar, soy sauce, ginger and cornstarch in saucepan. Cook, stirring until thickened. Twist pineapple slices and arrange on ham. Brush sauce over pineapple and ham. Bake 30 minutes longer, brushing with remaining sauce after 15 minutes. Serve with DEL MONTE Whole Green Beans and Cashews. And Sautéed Carrots with Green Pepper and Water Chestnuts.

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Pillsbury's New Bundt* Cake Mixes: Tunnel of Fudge™! And Tunnel of Lemon™!

SURPRISE!
Rich creme filling inside!



NOW YOU SEE IT!
Spoon on the ring of creamy filling before baking.

NOW YOU DON'T!
The cake rises high around the filling as it bakes.

THERE IT IS AGAIN!
Slice it, and there's the filling in a creamy delicious tunnel.



Let a Bundt* Cake do the talking.

*BUNDT TRADEMARK FOR CAKE MIX USED UNDER AUTHORITY OF NORTHLAND ALUMINUM PRODUCTS, INC., MINNEAPOLIS, MINNESOTA.



File under Vegetables

Buying information, page 154.

Spring Vegetable Ideas

Spring Vegetable Tart

Top honors go to this fresh spinach, lettuce, and parsley quiche—

Pastry for one-crust 10-inch pie
16 ounces fresh spinach
1 cup chopped lettuce
1 cup thinly sliced green onion
¼ cup snipped parsley
4 eggs
1 3-ounce package cream cheese, softened
½ cup plain yogurt
¼ cup milk
Dash Worcestershire sauce
1 teaspoon salt
2 tablespoons grated Parmesan cheese

Prepare and roll out pastry. Line a 10-inch pie plate with pastry; flute edges. Do not prick. Bake in 450° oven for 5 minutes. Remove from oven. Reduce oven temperature to 375°. Rinse and chop spinach, removing stems. Cook, covered, with just the water that clings to leaves till steam forms. Reduce heat and cook 3 to 5 minutes, turning frequently. Drain. Add lettuce, onion, and parsley. Beat together eggs, cream cheese, yogurt, and milk; stir in spinach mixture, Worcestershire, salt, and ⅛ teaspoon **pepper.** Turn into prebaked shell; sprinkle with Parmesan. Bake in 375° oven for 30 minutes or till knife inserted just off-center comes out clean. Let stand 10 minutes. Makes 6 servings.

Ms. Carley Lindsay, Iowa City, Ia.



File under Meats

Photographs: Dieter

Ground Meat Main Dishes

Sweet and Sour Chili

Canned three-bean salad adds tang to this first-place chili—

1 pound lean ground beef
¼ cup chopped onion
1 clove garlic, minced
1 to 1½ cups water
1 6-ounce can tomato paste
1 tablespoon grated Parmesan cheese
1 teaspoon sugar
½ to 1 teaspoon chili powder
½ teaspoon salt
¼ teaspoon dried parsley flakes
¼ teaspoon pepper
2 15-ounce cans three-bean salad

In a large saucepan cook ground beef, onion, and garlic till meat is browned and onion is tender. Drain, if necessary. Add **1 cup** of the water, the tomato paste, cheese, sugar, chili powder, salt, parsley, and pepper; mix well. Add **undrained** three-bean salad. Bring to boiling. Reduce heat; cover and simmer 30 minutes, adding additional water if needed and stirring occasionally. Makes 6 servings.

Mrs. Rose D. Roman, Bellingham, Mass.



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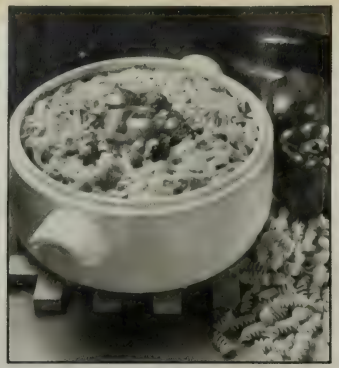
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Pineapple Pork Pies

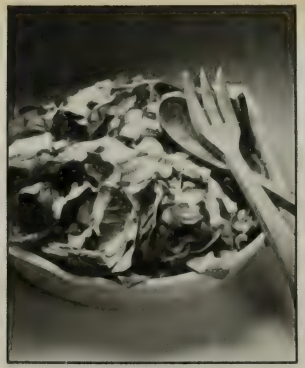
Pastry for two-crust 9-inch pie
1½ pounds ground pork
¾ cup finely chopped onion
1 10¾-ounce can condensed cream of mushroom soup
1 4-ounce can sliced mushrooms, drained
1 teaspoon salt
½ teaspoon dried thyme, crushed
¼ teaspoon pepper
1 20-ounce can pineapple slices
3 tablespoons brown sugar

Prepare pastry; divide into six portions. On floured surface roll each portion to a 7-inch circle. Fit into six 5-inch tart pans; press out bubbles. Do not prick. Flute edges. Cook pork and onion till meat is brown and onion is tender; drain. Add soup, mushrooms, and seasonings; mix well. Spoon into tart shells; top each with a pineapple slice. (Chill and save remaining fruit for another use.) Sprinkle brown sugar atop. Bake in 375° oven about 25 minutes or till pastry is golden brown. Garnish with bacon curls, if desired. Makes 6.



Zucchini Pasta Bake

Combine 1 beaten **egg,** ¼ cup **milk,** ½ cup **fine dry bread crumbs,** 1 tablespoon **dried parsley flakes,** crushed, 2 teaspoons **minced dried onion,** 2 teaspoons **dried Italian seasoning,** crushed, ½ teaspoon **salt,** ½ teaspoon **garlic salt,** and ⅛ teaspoon **pepper.** Add 1 pound **ground beef;** shape mixture into 48 small balls. Brown slowly in 2 tablespoons hot **cooking oil** for 15 to 20 minutes; drain off fat. Combine one 28-ounce can **undrained tomatoes,** cut up, ½ cup chopped **onion,** 1 medium **green pepper,** cut in ½-inch pieces, 2 teaspoons **dried basil,** crushed, and 1 teaspoon **dried Italian seasoning,** crushed. Simmer, uncovered, 15 minutes. Add 1 medium **zucchini,** cut in 1-inch pieces; cook 5 minutes more. Cook 8 ounces **macaroni,** or **thin spaghetti** according to package directions; drain. Place pasta in a 3-quart baking dish; arrange meatballs atop. Spoon vegetable mixture over. Sprinkle with 2 cups shredded **cheddar cheese;** bake at 350° for 15 to 20 minutes. Serves 6.



Hot Spinach Salad

A cooked sweet and sour dressing adds tang to fresh spinach—

10 ounces fresh spinach, torn (about 9 cups)
4 slices bacon, diced
¼ cup light cream
2 beaten eggs
3 tablespoons vinegar
2 teaspoons sugar
¼ teaspoon salt
¼ teaspoon paprika
Dash pepper
Sliced tomatoes (optional)
Hard-cooked egg wedges (optional)

Place spinach in salad bowl. In a 10-inch skillet cook bacon over medium heat till crisp; spoon bacon and drippings over spinach. Combine light cream, eggs, vinegar, sugar, salt, paprika, and pepper. Pour into skillet; cook and stir over medium heat till thickened. Pour over spinach; toss till leaves are well coated. Garnish with sliced tomatoes and hard-cooked egg wedges, if desired. Serve immediately. Makes 4 servings.



Beets Polynesian

If you're using fresh beets with tops, buy 4 pounds of beets, then remove the tops and wash the beets before using them—

2 pounds fresh beets (no tops) *or* 2 16-ounce cans sliced or diced beets, drained
¼ cup packed brown sugar
2 tablespoons all-purpose flour
¼ teaspoon salt
⅓ cup vinegar
1 8¼-ounce can crushed pineapple
½ cup raisins
2 tablespoons butter *or* margarine

Cook fresh beets, covered, in boiling salted water 35 to 60 minutes or till tender; drain. Cool slightly and slip off skins; slice or dice beets. In saucepan combine the brown sugar, flour, and salt; stir in vinegar and ¾ cup **water.** Add the **undrained** pineapple, the raisins, and butter or margarine. Cook, stirring constantly, till bubbly. Stir in cooked fresh or drained canned beets; heat through. Makes 10 servings.

Mrs. Margaret Lewis, Dubuque, Ia.



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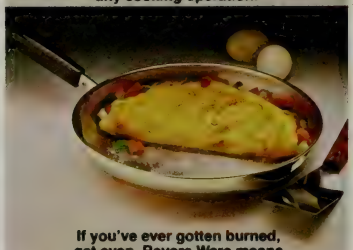
REVERE WARE

Revere Ware

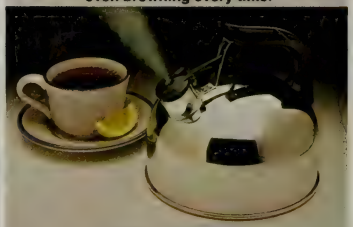
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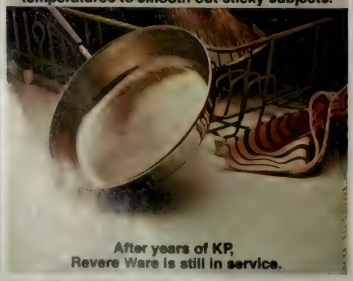
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You can use cooking wines in recipes that call for wine and in your own recipes, or try any of the easy ideas below. Remember that cooking wines are lightly salted, so you may need to reduce the salt called for in your recipe.

- Poach fish and seafood in equal portions of white cooking wine and water or chicken broth.
- Brush chicken or fish as it grills with a mixture of equal parts of melted butter and white cooking wine.
- Before cooking meats, marinate them in cooking wine seasoned with garlic and thyme or rosemary.
- Use ½ cup red cooking wine for part of the liquid when cooking pot roast. Or, marinate the meat in cooking wine that's been seasoned with herbs and use part of the wine mixture as the liquid when cooking the pot roast.
- For stew, brown the meat, then use ½ cup cooking wine as part of the sauce in which the meat simmers.
- During baking, baste ham with red cooking wine, pork roast with white cooking wine. Make flavorful gravy with the meat drippings.
- Replace the liquid called for in meat loaf or meatballs with cooking wine.
- Make a super-easy wine sauce for hamburgers or other skillet-browned meats. Remove the cooked meat to a warm plate; discard the drippings. Add ½ cup cooking wine to the crusty, browned bits in the bottom of the skillet. Bring to a boil, scraping up the browned bits. Add 1 or 2 tablespoons of canned chopped mushrooms, if you like. Serve over the meat.
- Add ¼ to ½ cup red cooking wine to spaghetti sauce during the last half of the cooking time.

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Toss with 1 tablespoon **Wish-Bone® Low Calorie Italian Dressing.** Serve with 1 slice whole wheat bread, with 1 tablespoon buttery-tasting **Diet Imperial.®** For a refreshing 2-calorie drink, add an 8-oz. glass of iced tea made with **Lipton® Low Calorie Iced Tea Mix.** Makes one serving.

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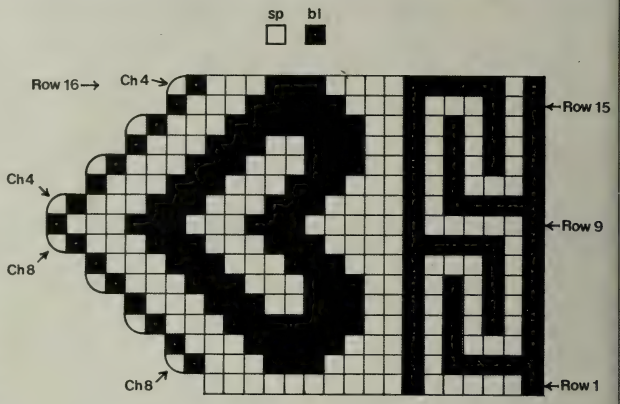


begins on page 95

Filet crochet

Crochet abbreviations

ch ..... chain
st(s) ..... stitch(es)
sc ..... single crochet
dc ..... double crochet
hdc ..... half double crochet
sk ..... skip
sl st ..... slip stitch
sp(s) ..... space(s)
bl(s) ..... block(s)
pat ..... pattern
lp ..... loop
bet ..... between
rpt ..... repeat
( ), [ ] ... repeat instructions inside as indicated
* ..... repeat whatever follows * as indicated



Filet crochet heart tablecloth, page 96

Finished size of tablecloth shown is approximately 53 inches square, including the lace edging.

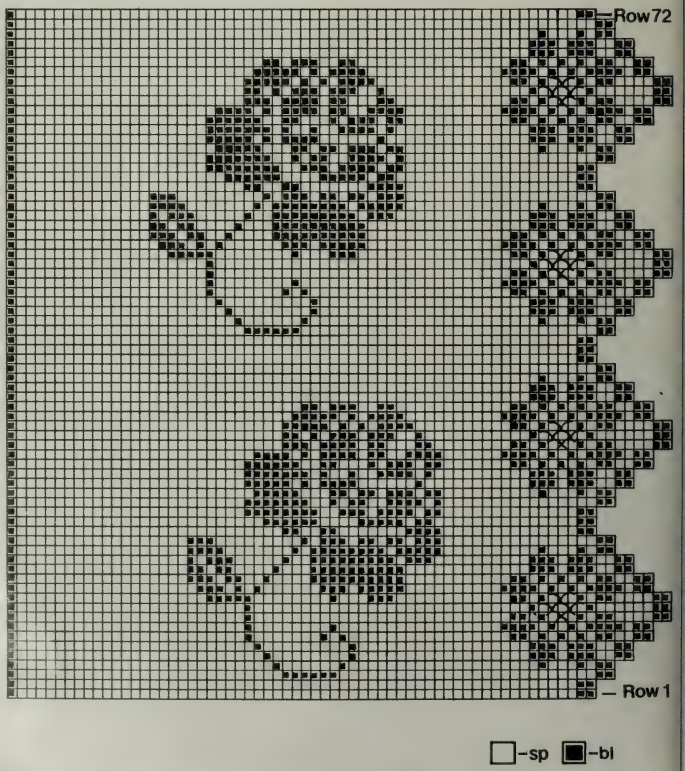
Materials: Coats & Clark's Big Ball mercerized white crochet thread, size 30: 5 balls; size 12 steel crochet hook, or size required to match gauge given *below;* 1⅓ yds. of 44/45-inch-wide fabric (medium-weight cotton or cotton/polyester blend); white sewing thread and additional sewing thread in a color to match fabric, if necessary.

Gauge: 15 dc = 1 inch; one heart motif repeat = 3¼ inches.

Instructions:

Note: To make the tablecloth shown, work the heart filet lace *first* in one piece according to the directions and patterns that follow. The heart lace is worked 1 side at a time, with corner motifs added as you work. Then the fabric insertion is stitched along the straight sides of the lace strip to complete the tablecloth (see assembly directions that follow the heart

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dc) 2 times; ch 2, sk 2 dc, dc in next dc, 3 dc in ch-8 loop; rpt pat between [ ]'s of *Row 1*.

Refer to the chart on page 144 for working the *Rows 4* through 8, making a 3 dc block for every shaded square on the chart and making a ch-2 space for every unshaded square on the chart. Work the pat that appears in [ ]'s at the end of *Row 1* at the ends of *Row 5* and *7*.

Row 9: Sk first dc, dc in each of next 3 dc, ch 2 dc in next dc, (ch 2, sk 2 dc, dc in next dc) 4 times; dc in each of next 3 dc, (ch 2, dc in next dc) 4 times; ch 2, sk 2 dc, dc in next 7 dc, 2 dc in next sp, dc in next dc, (ch 2, dc in next dc) 2 times; ch 2, sk 2 dc, dc in each of next 7 dc, 2 dc in next sp, dc in next dc, (ch 2, dc in next dc) 2 times, ch 2, sk 2 dc, dc in next dc, 3 dc in ch-8 lp; [ch 4, turn, dc in 4th dc, 2 dc in next sp, dc in next dc].

Refer to the chart for the remainder of the pat, working the pat bet [ ] that appears at end of row 9 at the ends of *Rows 11, 13,* and *15.* Rpt *Rows 1* through *16* for pat. Determine finished length of lace, and how many 3¼-inch-wide repeats you'll need to work to align with the fabric insertion. Work the necessary repeats. End with *Row 16.*

To make a mesh corner—Row 1: Ch 5, sk first 3 dc, dc in next dc; (ch 2, sk next 2 dc *or* ch-2, dc in next 2 dc) 15 times; 2 dc in last ch-2 sp, dc in last dc, ch 3, turn. *Row 2:* Sk first dc, dc in each of next 2 dc, (ch 2, sk next ch-2, dc in next dc) 15 times; ch 2, dc in 3rd ch of ch-5 at beg of previous row, ch 5, turn. *Row 3:* Dc in next dc (ch 2, dc in next dc) 15 times; dc in each of next 3 dc, ch 3, turn. Rpt *Rows 2* and *3* alternately 7 times more. *Next row:* Sk first dc, dc in each

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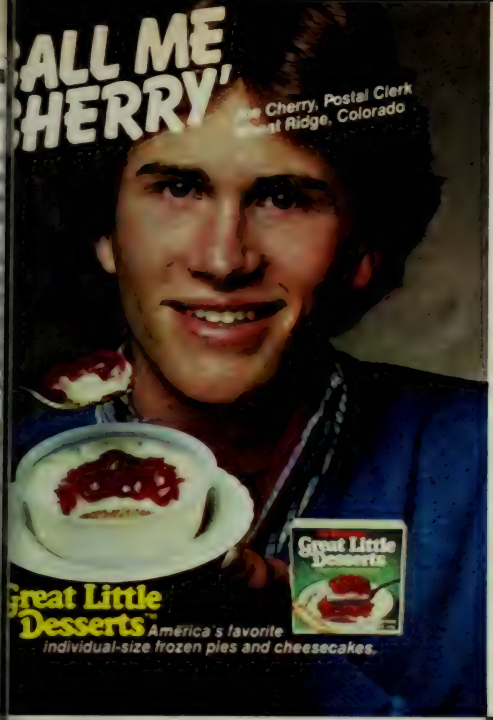
Filet crochet

edging crochet directions).

The cloth shown features 13 3¼-inch-wide motif repeats along each side. Therefore, the finished size of the fabric insertion is 42¼ inches square. If you would like to make this cloth larger or smaller, decrease or increase the length of each side of the fabric insertion in multiples of 3¼ inches. You can also create a rectangular cloth by planning the length of the sides in multiples of 3¼ inches. Do all the planning before you crochet, and wait until the entire lace edging is completed before beginning to stitch the fabric insertion.

For heart edging, begin with 1 strand of thread and a steel hook; ch 54. *Row 1:* Dc in 4th ch from hook and in each of the next 2 ch—1 starting bl made; (ch 2, sk 2 ch, dc in next ch) 5 times—5 sp made; dc in next 3 ch, (ch 2, sk 2 ch, dc in next ch) 10 times—10 sp made; [ch 8, turn; dc in 6th, 7th, and 8th ch from hook, dc in last dc of previous row]. *Row 2:* (Ch 2, dc in next dc) 3 times; (2 dc in next sp, dc in next dc) 3 times; (ch 2, dc in next dc) 4 times; dc in next 3 dc, ch 2, dc next dc, (2 dc in next sp, dc in next dc) 4 times; dc in next 2 dc and in top of ch-3; ch 3, turn. *Row 3:* Sk first dc, dc in each of next 3 dc, (ch 2, sk 2 dc, dc in next dc) 3 times; dc in each of next 3 dc, ch 2, dc in each of next 4 dc (ch 2, dc in next dc) 3 times; 2 dc in next sp, dc in each of next 10 dc, 2 dc in next sp, dc in next dc, (ch 2, dc in next





Filet crochet rose edging, page 96

Finished depth of the lace is approximately 10½ inches at the deepest point; pattern repeat measures approximately 10½ inches wide.

Materials: American Thread Gem crochet cotton, size 30: one 350-yd. ball for about 10 inches of lace; size 10 steel crochet hook, or size to obtain gauge below.

Gauge: 7 sps = 1 inch; 7 rows = 1 inch.

Instructions:

Note: The instructions following are for the lace edging alone. This edging can be applied to a variety of home accessories, such as tablecloths, curtain panels, or valances. The lace can also be used as a table runner.

With single-strand cotton and steel hook, ch 124. *Row 1:* Dc in 4th ch from hook and in each of next 3 ch—2 bls made; * ch 1, sk 1 ch, dc in next dc; rpt from * to last ch—59 sps made; dc in last ch—1 bl made; ch 3, turn. *Row 2:* Sk first dc, dc in next dc, (ch 1, sk next ch, dc in next dc) 59 times; dc in each of next 4 dc, ch 6, turn. *Row 3:* Dc in 4th ch from hook and in each of next 2 ch, (ch 1, sk next ch, dc in next dc) 26 times; ch 1 (dc in next dc, dc in next ch) 6 times; dc in next dc—6 adjacent bls made; (ch 1, sk next ch, dc in next dc) 28 times; dc in last dc; ch 3; turn. *Rows 4 through 72:* Refer to chart on page 144, for remainder of pat, making a (ch 1, sk next ch, dc in next dc) for every light square and (dc in ch, dc in next dc) for every shaded square.

Repeat these 72 rows for length desired. Fasten off. Wash, starch, and block lace and machine-stitch to fabric item.

continued

dc, *and* 2 dc in every ch-2 sp all across. Fasten off.

To begin the next side, attach thread at the end of *Row 16.* Work *Row 1* of pat, making each dc at right angles to the dc of the mesh corner, working any clusters of dc around the posts of the dc of the corner mesh block. Rpt until all 4 sides of the lace edging are completed. Slip-stitch the end of the fourth side to the end of the first side.

To assemble, wash, starch, and block the lace, and pin it out to dry in the shape desired. Measure the inside of the lace assembly for the fabric insertion, and hem a fabric square to this size. Machine-stitch the lace to the edge of the fabric insertion.

Filet crochet heart curtain edging, page 95.

Refer to the directions for the tablecloth edging, *above.* You may add this edging to purchased curtains or those you've sewn yourself. In either case, carefully measure the sides of the curtain panel, and plan the heart repeat motif in multiples of 3¼ inches. If you wish, you may also add lace edging to the bottom of the curtain panel, making a corner mesh as for the corner of the tablecloth edging.

After you have planned the lace, begin the heart motif at the top of the panel (if you are adding lace to the side of curtain) and work toward the hem. If necessary, work partial motifs at the top of the panel. Either fasten off the lace, ending with Row 16, or work a corner mesh block and continue across the hem of the curtain. Wash, starch, and block the lace piece, and machine-stitch the lace to the curtain panel.





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continued

Filet crochet

Tablecloth edging, page 96

Finished depth of lace is about 8 inches; pattern repeat measures 6¾ inches wide.

Materials: Bucilla Blue Label ivory crochet cotton (400-yd. skeins); 1 skein makes approximately 42 inches of lace; size 8 steel crochet hook or size to obtain gauge given below.

Instructions:

Note: The instructions following are for the lace edging alone. Like the filet crochet rose edging, *above*, this edging can be applied to a variety of home accessories. Due to the different nature of the thread used, however, this edging is heavier and has a rougher look.

With single-strand cotton and steel hook, ch 54. *Row 1:* Dc in 4th ch from hook, ch 2, sk 2 ch, dc next ch, ch 5, sk 5 ch, dc next ch, (ch 2, sk 2 ch, dc next ch) 8 times—8 sps made; (ch 5, sk 5 ch, dc next ch) 3 times, (ch 2, sk 2 ch, dc next ch) 2 times, ch 3, turn. *Row 2:* (Dc next 2 ch, dc next dc) 2 times, (ch 2, sk 2 ch, sc next ch, ch 2, dc next dc) 2 times, 5 dc next sp, dc next dc, (ch 2, dc next dc) 6 times, (2 dc next sp, dc next dc) 2 times, ch 2, sk 2 ch, sc next ch, ch 2, dc next dc, dc next sp, dc next dc, ch 3, turn. *Rows 3 through 28:* Refer to the chart on page 153 for pat. The legends beneath the chart refer to 5 symbols used to represent the pattern and are followed by the specific stitch sequence used to work the design. *For the ends of Rows 3, 5, 7, 9, 11, and 13:* Ch 8, dc in 4th ch from hook and begin next row with dc in each of next 5 chs; dc in last dc of previous row. *For the ends of Rows 16, 18, 20, 22, 24, and 26:* Ch 1, turn, sk first dc, sl st in each of next 6 dc, ch 3, 2 dc in ch-2 loop, dc in sc, 2 dc in ch-2 loop, dc in next dc.

Rpt these 28 rows for pat until lace is desired length, ending with *Row 28.* Fasten off, wash, starch, and block. Machine-stitch to fabric hem.

Filet crochet pillow front or doily, page 96.

Pillow front measures 15 inches from long edge to opposite long edge.

Materials: J & P Coats "Knit-Cro-Sheen" mercerized cotton: 2 balls of No. 42 cream; No. 7 steel crochet hook or size to obtain gauge given below; ½ yd. 44/45-inch-wide medium-weight fabric; polyester fiberfill; sewing thread to match fabric.

Gauge: 4 blocks (bls) or sps = 1 inch; 4 rows = 1 inch.

Instructions:

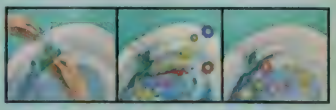
Starting at lower edge, ch 128. *Row 1 (right side):* Dc in 8th ch from hook—foundation starting sp made; * ch 2, sk 2 ch, dc in next ch—sp made. Rpt from * across—41 sps; ch 5, turn. *Row 2:* Dc in next dc—starting sp over sp made; * ch 2, sk 2 ch, dc in next dc—sp over sp made; rpt from * to last sp; ch 2, sk next 2 ch, dc in next ch—end sp made; ch 5, turn. *Row 3:* Make starting sp and 1 sp; * 2 dc in next sp, dc in next dc—bl over sp made; rpt from * to last 2 sps; make 1 sp and end sp, ch 5, turn. *Row 4:* Starting sp, 1 sp, dc in each of next 3 dc—bl over bl made; ch 2, sk 2 dc, dc in next dc—sp over bl made; make 34 more sps, 1 bl, 1 sp, 1 end sp. *Rows 5-10:* Follow chart

continued

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ch 1 sk next ch-2, ** make dc group, sk next ch-2, ch 1; rpt from ** to next corner, make corner group; rpt from * around. Join to top of ch-3. Do not turn. *Row 3:* * Ch 4; sl st in 3rd ch from hook—picot made; ch 1, sc in corner loop, ** ch 4, make picot, ch 1, sc in next ch-1 sp. Rpt from ** to next corner. Rpt from * around. Join. Fasten off.

When assembling pillow, use the doily as a pattern for cutting out pillow front and back. Place the doily on a sheet of brown paper and trace around the perimeter of the doily. Add ½-inch seam allowance and cut out this pattern. Cut out 2 pattern pieces from fabric, place right sides together and stitch around 3 sides. Turn, press, and stuff tightly with fiberfill. Slip-stitch fourth side closed. Slip-stitch the doily to 1 side of the pillow.

To clean filet crochet, wash it gently in warm, sudsy water. Rinse thoroughly and wrap the crocheted portions of the projects in a towel to press out the excess moisture. Block the lace on a piece of hardboard padded with blotting paper or fabric. Use stainless steel pins to avoid rust stains. Let the lace air-dry overnight.

For stains that do not come out with washing, have the lace treated professionally. Or rinse the fabric in a solution of lemon juice and water. Hydrogen peroxide is also effective as a mild bleaching agent.

To order patterns and instructions for the antimacassar set and the peacock panel, see page 183.

continued

continued

Filet crochet

on page 153. At end of *Row 10,* drop loop from hook, attach another strand to 3rd ch of ch 5 of starting sp on *Row 10* and ch 30. Pick up dropped loop, ch 35. *Row 11:* Working over the 35 ch sts, make a starting sp and 8 sps, ch 2, sk 2 ch, dc in next dc, make 2 sps, 1 bl, 5 sps, 1 bl, 23 sps, 1 bl, 5 sps, 1 bl, 2 sps; then make 10 sps over next 30 ch sts; ch 5, turn. Starting with *Row 12,* follow chart until *Row 53* is completed; fasten off, turn. *Row 54:* Sk first 10 sps, attach thread to dc of last skipped sp; ch 5, dc in next dc, make 1 sp, 1 bl, 5 sps, 1 bl, 23 sps, 1 bl, 5 sps, 1 bl, 2 sps. Do not work over remaining sps, ch 5, turn. Starting with *Row 55* follow chart to top.

Edging—Row 1: With wrong side facing, attach thread to top right corner, ch 4, * hdc in next dc, ch 2. Rpt from * across to next corner; hdc in 3rd ch of turning ch-5, ch 2, hdc in same ch—corner made; (ch 2, hdc in end st of next row) 9 times; sk next end dc and following 2 ch, (hdc in next dc, ch 2) 9 times; make corner, then work around remaining edges in same manner, making last hdc in first corner st used, ch 2; join with sl st in 2nd ch of ch-4, turn. *Row 2:* Ch 3; in corner sp make 2 dc, ch 2, and 2 dc, dc in next hdc—starting corner group made; * (ch 1, sk next ch-2; dc in next hdc, 2 dc in next ch-2, dc in next hdc—dc group made) 4 times; ch 1, sk next 2 sps, (make dc group, ch 1, sk next ch-2) 4 times; ch 1 make 3 dc, ch 2 and 3 dc in corner sp—corner group made;

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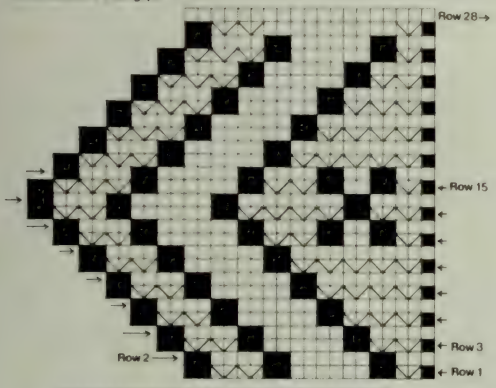
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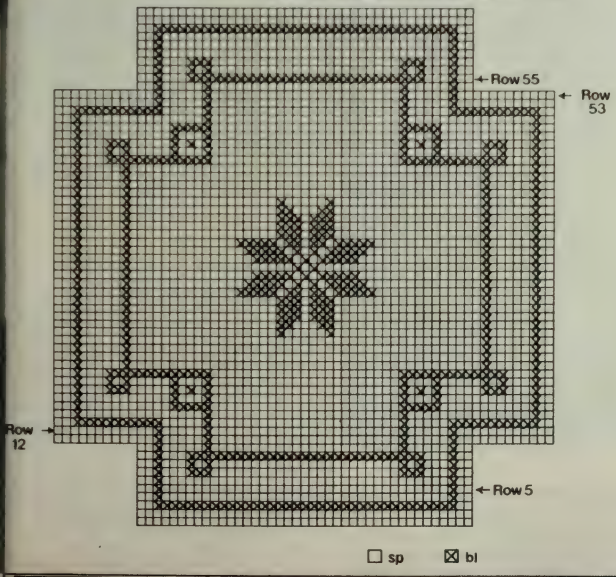
continued

Filet crochet

LEGEND

- ■ 7 dc
- □ ch 3, dc in next dc
- □□□ dc, ch 2, dc, ch 2, etc.
- ⊠ ch 2, sc into center ch, ch 2, dc in next dc
- ⊠ ch 2, sc into center dc, dc in last dc of 7 dc grp.





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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CASUAL FURNITURE—Indoors & Out

Page 102: Wicker rocker, settee, and bench—O-Asian Designs, Inc., 8821 Aviation Blvd., Inglewood, Calif. 90301.
Page 104: Lounge chair "Deck 'n Den"—Meadowcraft Casual Furniture, P.O. Box 1357, Birmingham, Ala. 35201. Fabric on toss pillows—Abraham-Zumsteg, Inc., 979 Third Ave., N.Y., N.Y. 10022.
Page 105: Chaise longue—Samsonite Corp., 11200 E. 45th St., Denver, Colo. 80239.
Page 106: Teak bench—Lister, available from British-American Marketing Services, Ltd., 251 Welsh Pool, Lyonville, Pa. 19353.
Page 107: Table and chairs "Brasilia"—Tropitone Furniture Co., Inc., 17101 Armstrong, Irvine, Calif. 92714.

MAKING A SMALL KITCHEN WORK BIG

Page 109 (top): Range and dishwasher—Sears Kenmore, Sears Tower, Chicago, Ill. 60684. Exhaust hood—Thermador, 5119 District Blvd., Los Angeles, Calif. 90040. Floor tile—Summitville Tiles Inc., Summitville, Ohio 43962. Counter—The Formica Corp., 120 E. 4th St., Cincinnati, O. 45202. (Bottom) Window blinds—Levelor Lorentzen Inc., 720 Monroe St., Hoboken, N.J. 07030. Spice rack—Copco, 11 East 26th St., N.Y., N.Y. 10010.
Page 111 (top): Refrigerator—Frigidaire, Dayton, O. 45401. Microwave oven—Amana, Amana, Ia. 52203. Tile—Heath Tile, Gate 5, Sausalito, Calif. 94965. (Bottom right) Range—Chambers, Oxford, Miss. 38655.

BUSY PEOPLE'S RECIPE CONTEST

Page 117: Glass platter—Anchor Hocking, 5th & Pierce Sts., Lancaster, O. 43130.
Page 120: Cruet—Crate and Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Center): Pewter platter "Ionic"—Wilton Co., Columbia, Pa. 17512. (Left): Ceramic plate—Sassafras Enterprises, P.O. Box 465, Evanston, Ill. 60204.

PRIZE TESTED RECIPES

Page 139 (left): White pie plate—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401.
Page 140 (left): Silverware "Tortoise shell"—Supreme Cutlery Corp., 225 5th Ave N.Y., N.Y. 10010. Coffee mug—Holt-Howard, General Housewares Corp., Box 670 Hyannis, Mass. 02601. Plate "Romany"—Denby Ltd. Inc., 41 Madison Ave., N.Y., N.Y. 10010. (Center left): Casserole dish—Jepcor Int'l. Inc., 200 Pemberwick Rd., Greenwich, Conn. 06830. Trivet—Crate & Barrel, 1510 North Wells St., Chicago, Ill. 60610. (Far right): Dish "white woven"—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. Round reed mat—Conran, 145 Huguenot St., New Rochelle, N.Y. 10801.

HOMEMADE EASTER BREADS

Page 170 (left): Oblong board—Lauffer, Inc., Belmont Dr., Somerset, N.J. 08873.

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TRAVEL west

Judy Nash
Associate Travel Editor

America's Super State Parks

(The following continues the Super State Parks article from page 157.)

Sun Lakes









Sun Lakes State Park is a lake-laced, 4,000-acre preserve in central Washington. Among the Park's special assets are abundant year-round sunshine and a dry, desert-like climate and terrain that you wouldn't expect in the Pacific Northwest. But the Park's real treasures are its fantastic scenery—dramatic cliffs and canyons, and a chain of shimmering lakes—plus fascinating relics of prehistoric man.

Outdoor action

Logically, water sports lead the list of activities. You can choose from lake beaches or a heated pool. Water-skiing and sailing also are popular, and both paddle boats and rowboats are for rent. Fishermen will discover seven lakes stocked with rainbow trout (fishing is best mid-April to early June).

A great way to explore the Park and its environs is on horseback. Hikers can trek more than 15 miles of trails, some coming close to the cliff-top aeries of hawks and bald eagles.

Within the Park, families can stay in well-kept cabins or mobile homes. Most front on the lake or the pool (doubles $21 to $29 a night, add $3 per child under 18). For campers, there are some 200 campsites ($4.50 for tents, $6 for trailer hook-ups). The Park also offers visitors a general store, coin laundry, and cafe.

High and dry falls

The tiered bluffs of Dry Falls, just north of the Park, are believed to be the site of what was once the world's mightiest waterfall. It's some 3½ miles across, with a drop of more than 400 feet. (Niagara Falls is about a mile wide, dropping 165 feet.)

Be sure to stop by the Dry Falls Interpretive Center, which details the geologic history of this intriguing coulee country. Exhibits also feature prehistoric man and fossils, like the curious Blue Lake Rhinoceros.

Grand Coulee Dam

Using the Park as your home base, you'll enjoy a side trip to spectacular Grand Coulee Dam (30 miles north). This colossal structure is the world's largest hydroelectric facility. Free tours of the Dam's new powerhouse depart regularly from the visitors center. Don't miss the panoramic view of the Dam from Crown Point lookout above the town of Grand Coulee. On summer nights, colored lights illuminate the Dam's spillway, and there's a sound and light show after sunset.

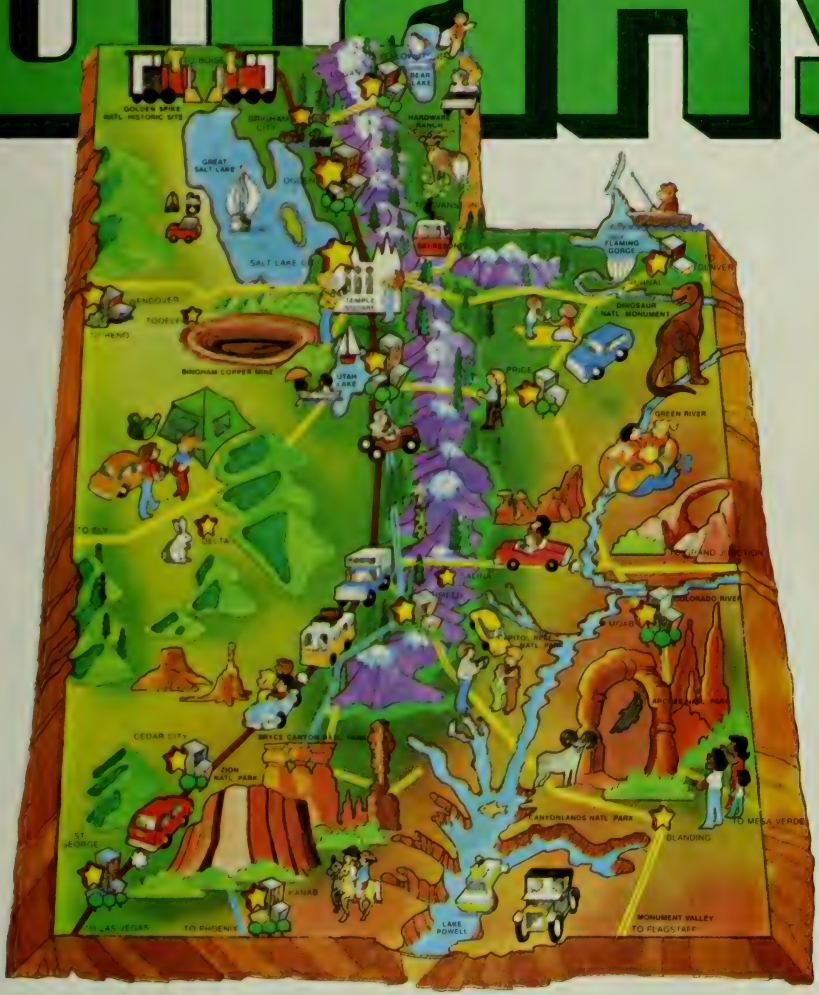
The Park is open year round (lodgings are available from mid-April to mid-September). But it's at its best April through June and in the months of September and October, when temperatures aren't too hot.

For more information about Sun Lakes and other Washington state parks, write to the Public Affairs Office, Washington State Parks and Recreation Commission, 7150 Cleanwater Lane, Olympia, Washington 98504.

Travel Planning

See page G4 for a listing of free travel information and literature you can order.

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Photographs: Harry Hartme
Design: Carolyn Mitchell. Field editor: Ruth Reit

The original cedar deck serves as th structural backbone for the porch. A new shed roof provides overhea protection, and screened "walls" kee the bugs out. The screens are attache to 2x4 supports nailed to the origina porch handrail. Part of the deck wa left unscreened *(see exterior photo)* t ensure adequate ventilation of smok and fumes from the gas grill.

Inside the porch, the atmosphere i relaxed and rustic. Comfortable out door furniture blends naturally wit the rough-sawn cedar siding used t finish the ceiling. Recessed spotlight illuminate each end, and an old-fash ioned fan circulates the air.

The porch entry is still the origina door to the deck; one of the kitche windows is used as a convenient meal time pass-through. If your porch is t be used year-round, insulation shoul be placed in the roof and floor joists the wall sections can be filled with combination of glass panels and in sulated shutters.


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Dinnerware buymanship

If you're planning to buy more dinnerware place settings, perhaps you should check out what's new before you routinely add to your present pattern. You'll find surprising changes, such as dishes that are heat-proof and shock-proof, with several years' guarantee against normal breakage. Look at the new styles that may suit your casual lifestyle. And be sure to ask about money-saving place settings in small three-piece editions.

Once you've familiarized yourself with all the various dinnerwares and their special qualities, you'll be able to choose the type that best serves your needs. You might select a variety of compatible patterns and kinds of dinnerware, then coordinate this mix-and-match "set" for parties.



Basic dinnerware types

Fine china might be porcelain ware or high-quality china. Despite their fragile appearance, translucent china pieces are actually very resistant to chipping and cracking because they are fired at high temperatures, which is not possible with less expensive chinas. Porcelain is usually ivory in tone but is also available in pastel colors. Bone china is basically white, because of the bone ash (or commercial equivalent) that is mixed with the clays. Porcelain china is more translucent than bone china. Some fine chinas have matching ovenware.

Vitreous and semivitreous best describes china which is neither bone- nor porcelain-based. It's less expensive, but resembles fine china.

Stoneware is nonporous, hard, durable, opaque, and fairly resistant to chipping, cracking, and crazing. The dinnerware may have a gray tone because of its clay content. Some stoneware has matching stoneware-handled stainless flatware. And some stoneware has been specially treated to go from freezer to oven, after you let it warm to room temperature.

Earthenware is not as strong as china or stoneware and may chip more easily. Both stoneware and earthenware are fairly heavy; sometimes either of these may be referred to as ironstone.

Glass and glass-ceramic dinnerware is also very durable—in fact it carries a two- or three-year guarantee. Some glass-ceramics can be used to bake, broil, freeze, and serve.

Some types of casual china can be used over a gas or electric flame, and can go from the freezer to a conventional or microwave oven. Others may look equally sturdy, but should not be used directly over a stove burner. Whatever your choice, save the manufacturer's brochures and make sure you follow their recommendations.

Money-saving tips

Traditionally, a place setting meant five pieces, but now three- and four-piece "buffet settings" are available. You will sometimes find sales on sets of dinnerware; occasionally the place settings themselves will be on sale.



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And remember to give your plants plenty of growing room by repotting them periodically into larger pots.

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Stitch-and-stuff calico dog

You can parlay bits and pieces of leftover fabric into a delightful pet for your child. The project is so quick and easy, you can make a whole batch of calico pups to sell at upcoming bazaars.



Photograph: William Hopkins

For each stuffed calico dog you will need ¼ yd. of blue calico fabric (for the body and ears), ¼ yd. of red and white polka dot fabric (for the arms and legs), and a piece of green and white polka dot fabric (to line the ears). You will also need scraps of felt in red, pink, orange, blue, white, and black. Other supplies include brown wrapping paper, polyester fiberfill, matching sewing thread, and clear-drying fabric glue.

Begin by enlarging the patterns, *below,* onto brown wrapping paper; cut out the pattern pieces. Then, trace the pattern pieces onto fabric, and cut the designated number of pieces.

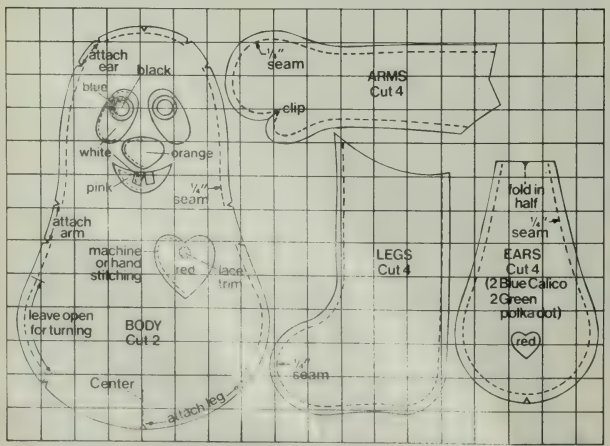
With right sides facing, stitch two ears (one blue calico and one green polka dot), leaving the ends open for turning. Turn one ear right side out and press. Repeat for the other ear.

Fold the ears in half as shown on the pattern (blue side out) and machine-baste the ends, using a ¼-inch seam.

With right sides together, stitch two arms and two legs, leaving the ends open. Clip curves and turn right side out. Stuff firmly with polyester fiberfill to within two inches of the top. Machine-baste the openings closed.

Cut the felt pieces as shown on the patterns and glue the pieces in place. Let the glue dry and machine- or hand-stitch around the felt pieces.

Baste the ears, arms, and legs to the front body piece, as shown on the pattern. With right sides facing, sew the front and back body pieces together, leaving a four-inch opening for turning and stuffing. Trim the seams and turn the pieces right side out; stuff firmly and slip-stitch the opening closed.



Designer: Jackie Curry

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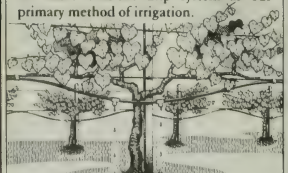

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Traditionally we've used overhead sprinklers in our vineyards for they provided, not only irrigation, but frost protection in the spring and a means of cooling the vines during excessive summer heat. One disadvantage, however, was the immense volume of water lost to wind and evaporation. Our recent drought gave us reason to consider, and finally adopt, the more efficient drip system as our primary method of irrigation.





Water is piped down each row of vines, in tubing mounted on the trellis wires. Inserted into the tubing on either side of each vine is a "drip emitter", a pressure reducer designed to release water one drop at a time, slowly and efficiently treating only the root area and using a fraction of the water formerly required.

Please write for our free monthly newsletter.

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H9

Dried fruit recipes

Do you like to nibble dried fruit straight from the package? Then you'll undoubtedly like what tangy dried fruits do for main dishes and desserts. Try these pork chops and pie for starters.





Photographs: Dieter

APPLE-RAISIN STUFFED CHOPS

- 1 cup dried apple slices, quartered
- 2 cups water
- ¼ cup raisins

• • •

- 6 slices bread, toasted and cubed (4½ cups)
- ¼ cup chopped walnuts
- ¼ cup dry white wine
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 6 rib pork chops, cut 1 inch thick

Simmer apples with the water, covered, for 25 minutes; remove from heat. Add raisins and let stand 5 minutes; drain, reserving liquid. Combine bread cubes, walnuts, and cooked fruit mixture. Stir together wine, sugar, lemon juice, salt, spices, and ¼ cup of the reserved cooking liquid. Add to bread, tossing lightly to moisten. If desired, add a little more cooking liquid for a moister stuffing. Cut pockets in fat side of chops, cutting lengthwise to bone. Spoon about ⅓ cup of the stuffing mixture into each pocket. Place chops in shallow baking pan. Sprinkle chops with salt and pepper. Put remaining stuffing in a 20-ounce casserole. Bake chops, covered, in a 350° oven for 1 hour. Remove cover; bake 30 minutes more or till done. Add casserole to oven during last 30 minutes more of baking. Garnish chops with dried apple slices and parsley, if desired. Makes 6 servings.

FLUFFY APRICOT-PRUNE PIE

- ½ cup finely snipped pitted dried prunes
- ½ cup finely snipped dried apricots
- ⅔ cup sugar
- 1 envelope unflavored gelatin
- ½ teaspoon salt
- 1½ teaspoons finely shredded orange peel
- 1 cup orange juice
- 3 slightly beaten egg yolks

• • •

- 3 egg whites
- ½ cup whipping cream
- 1 9-inch baked and cooled pastry shell

In a saucepan cover prunes and apricots with water 1 inch above fruit. Simmer, covered, for 25 minutes; drain and cool. In a 1½-quart saucepan combine *⅓ cup* of the sugar, the gelatin, and salt. Stir in orange peel, orange juice, and egg yolks; cook and stir over medium heat till mixture thickens slightly. Chill gelatin mixture till the consistency of corn syrup, stirring occasionally; add cooked fruit.

In mixer bowl beat egg whites till soft peaks form (tips curl over). Gradually add the remaining ⅓ cup sugar, beating till stiff peaks form (tips stand straight). Fold egg whites into the gelatin mixture. Whip cream till soft peaks form; fold into gelatin mixture. Turn mixture into cooled pastry shell. Chill till firm, at least 6 hours or overnight. Garnish with dollops of whipped cream, if desired.

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LIVING WITH NATURE

A low-cost porch conversion

Turning a porch into a family room needn't cost as much as you think. By purchasing the materials and doing the subcontracting yourself, you can cut the cost almost in half. Here's how one family did just that.

How much would a 14x20-foot porch conversion cost in your area? Estimates can range up to $12,000 and more, depending on labor costs and the materials you choose. The Ray Surbers, however, were able to turn their screened porch into a family room for just over $3,000. How did they do it? "By comparison shopping and recycling as many materials as possible," says Ray.

After choosing a contractor, Ray set out to find as many materials as he could for less than the contracto charged. It took a lot of time, but b buying through newpaper ads an comparison shopping at local lumber yards, Ray saved money on almos every item—up to 40 percent on som of them. He also minimized labor cost by hiring local tradespeople to work o weekends and evenings. He save about 50 percent by using moonlight ing sheet metal workers, electricians and carpet layers.





Photographs: William N. Hopkins

All the furnishings in the family room are recycled; most were purchased at garage and estate sales o through newspaper ads. "About the only thing we buy new is food," says Ray. Even the door and some of the windows are "retreads."

The family room is finished with Brazilian rosewood paneling and wall-to-wall carpet. The carpet is one of the few things the Surbers purchased at retail price—but even it was a bargain because they bought it on sale. Ray is a staunch energy conserver, so the room is heavily insulated.

Although the Surbers' family room isn't as glamorous or exciting as some, neither was it as expensive. The tremendous savings were well worth the trade off for the Surbers.

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Dinner from a steamer

Here's one-pot, no-watch cooking at its best. You cook the Plum-sauced Chicken, the rice, and even a vegetable, if you like, in one multilayered aluminum, bamboo, or electric steamer pan. Place the chicken on the bottom layer, the rice on the second layer, and your favorite vegetable on the third layer. Allow about the same time to steam the vegetable as you would to cook it atop the range.

Make sure the water level in the bottom of the steamer is within 1½ inches of the steamer rack. Bring the water to a full rolling boil over high heat, then reduce the heat to maintain a gentle boil. Place the food in the steamer, cover, and steam till done. Add more boiling water, if necessary, but avoid peeking any more than necessary.



Photograph: Diet

PLUM-SAUCED CHICKEN

- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup plum preserves
- ¼ cup finely chopped onion
- 2 tablespoons frozen orange juice concentrate, thawed
- ½ teaspoon ground allspice
- ¼ cup dry vermouth *or* dry white wine
- 1 cup quick-cooking rice
- 2 tablespoons cornstarch
- 1 teaspoon instant chicken bouillon granules
- ½ teaspoon kitchen bouquet (optional)
- Orange slices

Season chicken pieces with the sal and pepper. In saucepan combine pre serves, onion, orange juice concentrate and allspice; simmer, uncovered, 1 minutes. Stir in vermouth. Pour *hal* the plum mixture into the bottom of a 8x1½-inch round baking dish. Plac chicken in dish; pour remaining plum mixture over. Cover with foil. In a 9 inch pie plate combine rice with th amount of *water* and *salt* recom mended on rice package. Cover wit foil. Place chicken on bottom rack o steamer pan; place rice on second rack Cover; steam 50 minutes. Place rice o platter. Remove chicken from broth place atop rice. Keep warm.

Skim excess fat from broth. Measur broth, adding water if necessary t make 2 cups liquid. In a small sauce pan blend cornstarch and 2 table spoons *cold water;* stir in the broth bouillon granules, and kitchen bou quet, if desired. Cook and stir til thickened and bubbly. Spoon som sauce atop chicken. Pass remainin sauce. Garnish with orange slices, i desired. Makes 4 servings.



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What's wrong with your bread?

The key to success in baking yeast breads is knowing when to go from one step to the next. But to know that, you must be able to judge the condition of the dough, and the recipe doesn't always tell you how. To fill the gap, here's a rundown on common bread baking problems so you'll know how to avoid them next time you bake.

Appearance problems

- *Loaves are small and hard*—Rising time was too short, or the liquid used to dissolve the yeast was too hot or too cold. Let the dough rise till your fingers leave an imprint when you press the dough, and use a thermometer to measure the temperature of the liquid. If you're dissolving the yeast alone in water, 105° to 115° is the optimum liquid temperature. A lower temperature will not stimulate yeast action, and a higher temperature may kill the yeast and stop the rising process. Note that yeast in combination with flour or other dry ingredients requires warmer liquids, from 115° to 120°.
- *Loaves are excessively large*—The dough rose too long, or the baking pan was too small. Kneaded dough should fill the loaf pan two-thirds full, and rise to an inch above the pan. For batter breads, fill pan(s) only *half* full, so that when the dough rises, it comes just to the rim.
- *The top of the loaf is misshapen*—The dough was too stiff or too soft, or was not kneaded long enough. Note that batter or unkneaded breads typically have an irregular crust.
- *Bread rose nicely, but fell during baking*—The bread was allowed to rise too long, or not enough flour was used.
- *Loaves spread too much when baked on baking sheets*—The dough was too soft; knead in more flour next time.
- *Loaf is golden brown on top, but sides and bottom crusts are pale*—Shiny aluminum pans or nonstick pans caused uneven browning. Use dull-finish metal pans, and bake the bread till the top sounds hollow when lightly tapped.

Flavor problems

- *Bread lacks flavor*—Salt was omitted, or not enough was used. Figure on about 1 tablespoon salt per 6 to 7 cups of flour; or for sweet doughs, 1 to 2 teaspoons for the same amount of flour.
- *Bread has a strong yeast flavor*—Using old (outdated) yeast or too much yeast results in an overpowering flavor. As a rule, you'll need 1 package of active dry yeast or compressed yeast per 3 cups of flour in the recipe.

Texture problems

- *Bread is coarse or compact*—The rising time was too short.
- *Bread has a moist layer near the bottom crust*—Too much flour was added during kneading and was not incorporated into the dough.
- *Interior is filled with holes*—The dough was allowed to rise too long.
- *Texture is moist and gummy*—The bread was underbaked, or not enough flour was used.



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Photograph: Dieter

CLAY POT HAM LOAF

If you don't own a clay pot, bake this meat loaf in a 11x7x2-inch baking dish in a 350° oven for 1¼ hours—

2 beaten eggs
½ cup milk
1½ cups soft bread crumbs (2 slices bread)
¼ cup chopped onion
1 tablespoon snipped parsley
1 teaspoon salt
¼ teaspoon pepper
1 pound ground fully cooked ham
1 pound ground beef
¾ cup packed brown sugar
2 tablespoons cornstarch
½ teaspoon dry mustard
½ cup undrained crushed pineapple
¼ cup vinegar
1 recipe Horseradish Sauce

Soak clay pot in water for 10 minutes. Meanwhile, in a bowl combine eggs, milk, bread crumbs, onion, parsley, salt, and pepper. Add ham and beef; mix well. Shape into a loaf to fit the bottom of the clay pot. In a saucepan combine brown sugar, cornstarch, and mustard. Stir in *undrained* pineapple and vinegar. Cook and stir till thickened and bubbly. Spoon over loaf. Cover. Place clay pot in *cold* oven. Set temperature at 350°. Bake 1¼ hours. Serve with Horseradish Sauce. Makes 8 servings.

To make Horseradish Sauce: In a bowl combine 2 tablespoons *prepared horseradish*, 2 tablespoons *lemon juice*, 1 tablespoon *sugar*, 1 tablespoon *prepared mustard*, ¼ teaspoon *paprika*, and ⅛ teaspoon *salt*. Whip ½ cup *whipping cream* to soft peaks (tips curl over). Fold into horseradish mixture. Serve with ham loaf. Makes 1 cup.

APRICOT-HAM PATTIES

If you like, serve these patties as sandwiches on toasted hamburger buns—

2 beaten eggs
¾ cup milk
1½ cups soft bread crumbs (2 slices bread)
½ cup finely snipped dried apricots
¼ cup chopped onion
2 tablespoons snipped parsley
Dash pepper

• • •

1 pound ground fully cooked ham
1 pound ground pork
⅓ cup packed brown sugar
1 teaspoon all-purpose flour

In a bowl combine eggs, milk, bread crumbs, dried apricots, onion, parsley, and pepper. Add ground ham and pork; mix well. Shape meat mixture into 8 patties. Combine brown sugar and flour; sprinkle in the bottom of a 15x10x1-inch baking pan. Place patties in pan. Bake in 350° oven for 40 to 45 minutes. Transfer patties to serving platter, reserving pan juices. Stir together the pan juices and spoon over meat. Makes 8 servings.

HAM BISCUIT PINWHEEL

If you're a horseradish fan, substitute 1 or 2 tablespoons of prepared horseradish for the mustard in the sour cream sauce—

1½ cups packaged biscuit mix
⅓ cup cornmeal
2 teaspoons sesame seed
½ cup milk

• • •

2 cups ground fully cooked ham (about 12 ounces)
1 4-ounce can chopped mushrooms, drained
1 cup dairy sour cream
2 tablespoons milk
1 tablespoon prepared mustard

In bowl combine biscuit mix, cornmeal, and sesame seed; add the ½ cup milk. Stir with fork just till dough follows fork around bowl. On lightly floured surface knead dough 10 to 12 times. Roll or pat to a 13x9-inch rectangle. Combine ham, drained mushrooms, and *⅓ cup* of the sour cream; spread evenly over dough. Roll up jelly-roll fashion, beginning at long end; seal long edge. Form into a ring, seam side down, on a greased baking sheet. Seal ends together. Make cuts at 1-inch intervals *almost* to center of ring; pull sections apart and twist slightly. Brush with additional *milk*. Bake in 400° oven for 25 to 30 minutes or till browned.

Meanwhile, combine the remaining ⅔ cup sour cream, the 2 tablespoons milk, and the mustard; mix well. Pass with meat. Makes 6 to 8 servings.



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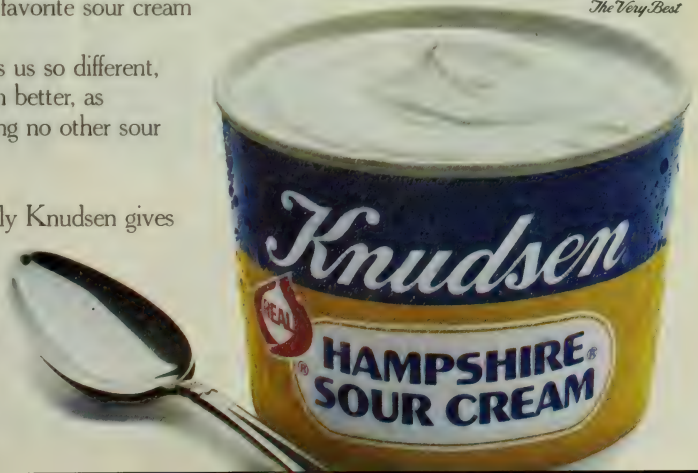
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Beautifying a boxy house

The two-story house you see here wasn't always so charming—and wasn't always two stories. When Denise and Jerry St. Pierre first spotted it, the house could best be described as "neo-shoebox," with a flat roof and textureless siding. But the couple refused to be put off by the unpromising exterior. They bought the house, then added a second story and clapboard siding. The result is the handsome "new" house in this photo.

"Our friends couldn't understand why we bought such an ugly house," Denise says with a laugh. "But we loved the area and thought we could expand the basic house into a lovely family home that would meet our needs." The new second story has added over 1,000 square feet to the house.



Photographs: Maris/Semel. Architect: George D. Hopkins Jr., AIA. Field editor: Bonnie Crone



▲ As this in-process photo shows, the original house was little more than a stucco box. Standard framing and construction techniques were used to build the new second story directly atop the old flat roof. A new pair of steeply pitched roofs, six-inch clapboard siding, and crisp white trim give the entire house a bright new face. Traditional details, like corner boards and large muntin windows, were used to mold the old and new sections of the house.



▲ The new second story was only built over the front half of the house, leaving the flat-roofed rear section intact. This allowed the best feature of the original house—a 300-square-foot atrium adjacent to the living room—to be saved. A screened-in skylight was installed over the atrium to protect the plants inside from harsh weather. Except for a breakfast room addition, the first floor wasn't structurally altered during the remodeling.



▲ A gracefully curved staircase leads from the new two-story foyer to the second level. The staircase is so skillfully tucked into the plan that no one would suspect the second story wasn't always part of the house. The new upstairs has been turned over to the children. It includes three bedrooms, two baths, and plenty of closets. Next to the largest bedroom is a side porch that adds to the traditional look of the rejuvenated house.

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Baked bean favorites

Canned or dried beans are an American food tradition, and with good reason. Besides being tasty, they're rich in B vitamins and iron. And dry beans are so high in protein that you can substitute them occasionally for meat.

CHILI-SAUCED LIMAS

This saucy bean bake starts with a can of tomato soup—

2 cups large dry lima beans (12 ounces)
6 cups water
4 ounces salt pork, cut in ½-inch cubes
1 medium onion, sliced
1 clove garlic, minced
2 tablespoons butter *or* margarine
1 10¾-ounce can condensed tomato soup
¼ cup vinegar
2 tablespoons brown sugar



Photograph: Dieter

1 tablespoon prepared mustard
1 teaspoon chili powder
1 teaspoon worcestershire sauce
½ teaspoon salt

Rinse beans; transfer to 4½-quart Dutch oven or large saucepan. Add the water and bring to boiling. Simmer, uncovered, 2 minutes; remove pan from heat. Cover beans and let stand 1 hour. (Or, add the water to the rinsed beans; cover and let stand overnight.) Do not drain. Add salt pork to beans. Cover; simmer for 1¼ to 1½ hours or till beans are tender. Drain, reserving 1½ cups liquid. Transfer beans to 2-quart bean pot or casserole.

Cook onion and garlic in butter or margarine till tender but not brown. Add the reserved bean liquid, the soup, vinegar, brown sugar, mustard, chili powder, worcestershire sauce, and salt. Stir into the beans. Bake, uncovered, in 400° oven for 30 minutes. Stir once or twice during baking. Serves 8.

PEACHY BAKED BEANS

Each peach half is topped off with a dollop of orange marmalade—

2 16-ounce cans baked beans
¼ cup dark corn syrup
¼ cup finely chopped onion
¼ teaspoon ground allspice
1 16-ounce can peach halves
3 tablespoons orange marmalade

In large bowl combine the beans, corn syrup, onion, and allspice. Pour into a 1½-quart casserole. Bake, uncovered, in 350° oven for 1 hour. Drain peaches. (If desired, chill syrup and use another time.) Arrange peach halves, cut side up, atop beans. Spoon about 1 teaspoon orange marmalade into each peach cavity. Return to oven and bake, uncovered, 15 minutes longer. Makes 6 servings.

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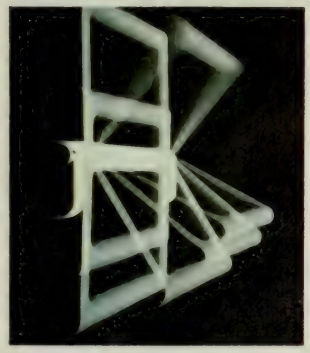
At first glance, these two coolers may look alike when you're shopping. But there are some "little" differences that become mighty big in the outdoors.

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You'll notice that the patented Coleman handles are big, round and comfortable. The Other One's handles are actually square.

The Coleman handles swing out, like the Other One's. But they also lift straight up so you won't bang your knuckles in tight places like your car trunk.

Latches. Check 'em for convenience and durability. The Coleman cooler has a simple recessed slide that can't get snagged, won't break off. You can unlatch it and open the lid with one hand, even if your hand is holding a cold can.



Lid Seal. Notice that both lids have a "lip" that fits down inside the cooler when closed to seal in the cold. Also notice that the Coleman seal is over three times deeper than the Other One. And it's thicker, with more insulation.

Take a close look and you'll appreciate how Coleman handles those big "little" things. And as soon as you get outdoors, you'll appreciate how Coleman handles some other things...like how well its bottom stands up to sliding around in a boat or on a dock or how its case stands up to the rocks and hard places around a campsite.



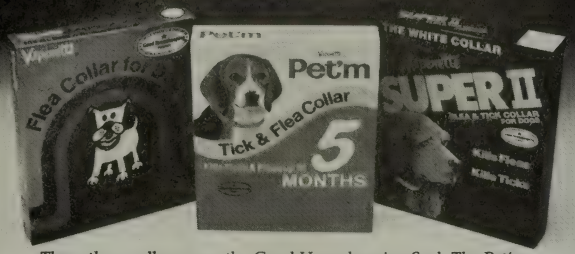
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DECORATING

How to clean hard-surface floors

What most people like best about hard-surface flooring is that it's easy to clean. Ceramic and quarry tile, terrazzo, marble, brick, and slate all require minimum maintenance. But each material calls for a different cleaning technique. Whatever type of hard-surface floor you have, here's how you can keep it looking its beautiful best.

Ceramic and quarry tile

Glazed and unglazed ceramic floors should be damp-mopped with a soapless detergent, rinsed, and sponged dry.

For a badly soiled ceramic floor, make a paste with powdered household cleanser and sponge-mop the paste onto the floor. Let the solution stand for five minutes, then scrub it vigorously with a stiff brush. Rinse well and sponge the floor dry.

A little detergent or scouring powder on a toothbrush cleans joints (grouting) between ceramic tiles. Follow with a rinse. Use washing soda on grease- or oil-stained joints.

Treat quarry tile just as you do ceramic flooring. However, quarry tiles are slightly more porous, so add a protective coating of vegetable oil-based sealer to areas that are regularly subjected to grease stains.

Terrazzo and marble

Although long wearing and moisture resistant, terrazzo and marble surfaces should be protected with a penetrating sealer compound. Clean as needed with lukewarm water plus a half-cup of mild liquid soap. Rinse, then add a thin coat of wax.

Brick

Since the vitrified (glazed) pavers have a baked-in shine, damp-mopping will suffice for cleaning. Rough-cut pavers, more porous than the glazed, require a sealer. Use masonry silicone or a liquid acrylic type, then wax.

Slate

Because slate is nonporous, it shouldn't be given a high-gloss finish. Just dry-mop and clean as needed with mild liquid soap and a little water.

Shady solutions

It's often the simple solution to a problem that works the best. Handling a maverick window shape is no exception. Roll-up window shades in new colors and patterns are a sure way to unify odd-size windows and control light and air—with flair.



Three small windows take on center-of-interest importance in this children's room shared by two, *above*. Plain white shades were painted with the girls' initials and trimmed with fringe. These practical, vinyl-coated shades are also energy-savers, since they help keep out cold drafts and shield against the sun.



Roll-up window shades, Mills Assn. Design: Ann Heller

A striped shade turns this oversize—and ordinary—window into a colorful accent in a contemporary room, *above*. The shade is finished with a scalloped border and edged with matching gimp. To top off the window trim, there's a felt-covered valance above that hides the spring roller.



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DECORATING

Cures for balky shades

Are you frustrated by a windo shade that refuses to roll up or dow or stubbornly stops somewhere i between? Follow these simpl steps, and you should be able to fi even the most troublesome shade.

Before you attempt to repair an shade yourself, there are a few thing you'll want to check.

First, be sure the shade bracke aren't rubbing against the ends the roller. To work smoothly, a roll should be $\frac{1}{16}$ inch to $\frac{1}{8}$ inch awa from the bracket.

Also, be sure the brackets are pro erly installed; the flat projection the roller mechanism should alway rest vertically in the bracket. An check for bent brackets; they wi render any shade inoperable.

Never oil the shade roller mech nism or remove the roller cap; either these measures will ruin the shad permanently.

Adjusting spring tension

If the shade snaps out of your han when you begin to raise it, the sprin may be too tight. To remedy this, l the shade completely roll up and the remove it from the brackets. Nex unroll the cloth not more than tw revolutions and reinstall the shad (Never roll the cloth more than tw revolutions. If you do, you will proba ly make the roller completely uncoo erative, and you may seriously damag the shade.) Repeat this procedure unt the shade spring regains the prop tension.

When the shade is slow to recoil refuses to roll up at all, the rever treatment may be required. Pull th shade down to mid-window and r move it from its brackets. Reroll th cloth no more than two revolutio and reinstall the shade. Repeat th procedure until the shade responds your lightest touch.

If your shade still doesn't wor return it to the store where you boug it. Insist on a new roller; if y bought the shade recently most rep table stores and dealers will be hap to make the replacement.

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Travel Barbara Humeston

America's Super State Parks

Scores of state parks across the country have blossomed into super vacation destinations. If you haven't considered these parks in your vacation plans, it's time.

No matter where you live or travel, there are bound to be outstanding state parks nearby. Of course, that's not to say all state parks are equally appealing. Some states' park systems are better than others, and quality varies, too, among parks within the same state.

There are state parks of every size—huge expanses to tiny pockets—and every description. Some are historical, dedicated to preserving the past; some focus on cultural pursuits; others are modern resorts.

Reasonable prices and friendly, informal atmosphere are the rule. More often than not, there is no admission charge *per se*, and splendid natural surroundings usually provide lots to do and see for free. Fees for golf, tennis, etc., are among the lowest anywhere.

Camping is almost sure to be available, and there may be other accommodations options, too: lodges and inns, cabins and chalets, modern motels and hotels. Lodgings are likely to be comfortable, but not posh, and reasonably priced.

State parks can be busy, especially during summer. Make reservations for lodgings (including campsites, when you can) as far in advance as possible. Midweek stays are the best bet for vacancies during peak season.

There are lots of ways to figure state parks into your vacation plans: pick a particular park for a stay-put vacation; map out a vacation around several parks; plan stops at state parks *en route* to and from other vacation destinations; take advantage of the vast number of parks and their proximity to almost everywhere for mini-trips on long weekends.

Symbols in the box below indicate activities and amenities awaiting vacationers at parks on the pages to come.

continued



Illustrations: Art Factory

continued

Fort Robinson Nebraska



The Old West frontier lives again at Fort Robinson State Park, 21,000 acres of wild, wide-open, and scenic country in Nebraska's northwestern panhandle. There, the romance and excitement of a yesteryear plains outpost still linger. You can walk in the footsteps of warriors, troopers, trappers, traders, and pioneers while enjoying all sorts of family fun. Each new day begins with the sounds of cannon fire and reveille.

The place to stop first is the visitors center for a copy of the *Post Dispatch*, a guide to daily goings-on. Arts and crafts are sure to be on the agenda. You can get acquainted with the area's geologic past at the Trailside Museum or relive a bit of history over at the Fort Rob Museum, which is also a great place to begin a walking tour.

Much of the Fort has been preserved and refurbished, and new amenities have been added. Enthusiastic personnel in cavalry uniforms see that everyone has a good time.

If you stay in the historic officers quarters (two- to four-bedroom housekeeping cabins, $20 to $32 per night), you'll feel as if you've taken a step back in time. The barracks, now the Lodge, offers rooms with private baths ($12 to $14 per night double). A campground (about $4 a night) lies along the banks of Soldier Creek, blessed with trout.

The Inn at the Lodge serves hearty, reasonably priced meals. You can even combine a meal with an outing to explore the countryside. Try the Early Bird Wildlife Tour for breakfast ($1.50). Or join a Chuckwagon Cookout, featuring buffalo stew and corn bread, along with a campfire sing-along (adults $3, $2 for kids).

There are other fun ways to tour the Park, too: Jeep rides; spins in a stagecoach or surrey; narrated excursions aboard a tour train; and circle tours you can drive. Be on the lookout for the Park outlaw, Black Bart.

Evenings are filled with sunset junkets to view wildlife; nature programs around the campfire; mini-rodeos; and melodramas with frontier themes at the Playhouse (May 30 through September 1). Though most of the Park facilities are open Memorial Day through Labor Day, campers and picnickers can enjoy the Park year round.

For more details, write the Superintendent, Fort Robinson State Park, Box 392, Crawford, Nebraska 69339.

Historical Parks



Fort Worden Washington



Way back when Teddy Roosevelt's "big stick" diplomacy guided the country's foreign policy and dreadnaughts ruled the seas, Fort Worden stood in the nation's first line of defense, part of a system of coastal fortresses guarding the entrance to Puget Sound.

Today, the Fort and its environs have been transformed into a 338-acre state park at the northern edge of Washington's mountain-studded Olympic Peninsula. Instead of resounding to a cadence count, the Fort's big, grassy parade ground now rings with children's happy shouts. The handsome Victorian residences along officers row are occupied by families enjoying beach weekends, and during summer, the cavernous old barracks echo to dulcimers and verses of Robert Frost.

You can see most of the preserved Fort on the 30-minute historical walk. But to truly savor the turn-of-the-century atmosphere, stay in one of the restored officers quarters (with kitchens). Rates vary according to the rooms occupied (minimum charge, usually for a family of four, is $30 per night). Campsites ($6 a night) lie just behind the mile-long beach that leads to a nifty working lighthouse. You can swim in the chilly waters offshore—if you're hardy.

Creative and performing arts take the spotlight when Centrum, a nonprofit public foundation, holds a series of workshops and public performances from June to September. Vacationers are welcome to watch and take part.

Vacation possibilities abound all around the park, too. Olympic National Park lies less than an hour's drive west. Salmon fishing charters leave from small nearby ports June through October. The adjacent village of Port Townsend is a treasure trove of Victorian memorabilia and architecture.

There are several ways to reach Fort Worden from Seattle: use the state ferry barges that travel the route once served by the downed Hood Canal Floating Bridge; drive via Tacoma and US-101 (about 125 miles); take a scenic water route aboard the new Edmonds-Port Townsend car ferry; or go by way of Whidbey Island via two ferries. (The Edmonds route is congested; consider leaving your car behind at the ferry dock and taking the local bus to the park.)

For additional information, including current Centrum schedules and reservations, write the Park Manager, Fort Worden State Park, Port Townsend, Washington 98368.

continued

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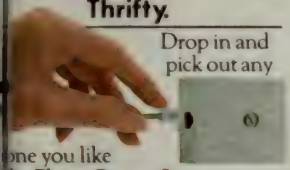
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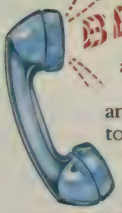
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continued

Bruneau Dunes
Idaho



About 20 miles south of Mountain Home, Idaho, the highest sand dune in North America soars toward the sky. The dune is the outstanding feature of Bruneau Dunes State Park, 2,800 acres of wild, weathered country speckled with unique geologic formations.

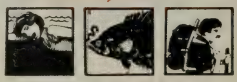
Lakes that lie among the dunes add an extra dimension of pleasure to Park visits. Fish thrive in the waters, while vegetation along the shore harbors waterfowl. (Bring your own boat; nonmotorized craft only.)

Since the Park is a protected area, no vehicles are allowed off roadways. But you can hike a couple of splendid marked trails. Early morning is great for viewing desert flowers and wildlife.

Nearby attractions include Bruneau Canyon, a sheer-sided scenic gorge, and Three Island Crossing State Park, which offers interesting historical displays, camping, fishing, hiking, and free evening covered-wagon rides in summer. There is a variety of motels in Mountain Home, some 40 miles south of Boise.

For more details, write the Idaho Department of Parks and Recreation, Statehouse Mail, Boise, Idaho 83720.

Calaveras Big Trees
California



Millions of years ago, mammoth redwoods dominated forests all over the country, but today only scattered groves remain. You'll have a chance to view some of these giant holdovers from another time at Calaveras Big Trees State Park, 170 miles east of San Francisco near the hamlet of Arnold.

Two truly spectacular stands of sequoias (relatives of the redwoods) lie above the Stanislaus River, which cuts through the Park's 6,000 acres. Get trail maps and the story behind the scenery at the visitors center. Then, take time to enjoy this ancient forest.

The Park stays open year round, but it's particularly lovely in spring. In summer, you can swim in the River's cool green pools. There's trout fishing in Beaver Creek. Snowshoeing and cross-country skiing are popular in winter. Several motels lie near the Park, where campsites run $5 a night.

For more information, contact the California Department of Parks and Recreation, Box 2390, Sacramento, California 98511.

Nature Parks



Fall Creek Falls
Tennessee



Wherever you wander in Tennessee's Fall Creek Falls State Park, you're never far from the sights and sounds of cascading springs and billowing waterfalls, including the magnificent cascade for which the Park is named. Much of this big, woodsy mountain Park remains relatively unexplored, and the scenery is spectacular! It's hard to believe that the federal government once rejected this site as a national park and returned the land to the state.

But scenery isn't the Park's only asset. Fall Creek Falls is an outstanding resort, with a championship golf course, a 400-acre man-made lake, riding stables, tennis courts, swimming pools, and the like carved into the woods. In summer, the Park buzzes with all sorts of organized programs, too—at the nature center, mountain crafts shop, and recreation hall.

Traveling the scenic loop drive is one easy way to tour the Park. The whole family also will enjoy the three-mile paved bike trail. Be on the lookout for elusive creatures like deer and wild turkey that call the woods home.

But hiking is the best way to get acquainted. An overnight backpack trail begins just beyond the swinging footbridge across Piney Creek Gorge. Chances are you'll see vacationers splashing among the boulder-rimmed pools below. You can set out on shorter hikes, too, along swift-running streams and through dense virgin timber. Tramp to the foot of one of the falls to experience the cool mist and powerful roar.

Park accommodations are truly varied—from rooms at the modern inn to chalets in the woods or lakeside (you can fish for your supper right from your own front porch), rustic housekeeping cabins, and campsites. Rates range from $40 a night for four in the chalets to $26 double at the inn and $4 a night for a campsite. Kids under 12 stay free. Chalets and cabins rent by the week only May through September. The inn restaurant specializes in hearty buffet meals at reasonable prices.

The Park lies midway between Knoxville, Nashville, and Chattanooga (west of Pikeville on State-30). It's open February through November.

For more information, contact the Tennessee Department of Tourist Development, 505 Fessler Lane, Nashville, Tennessee 37210.

continued

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continued

Kentucky Horse Park



The Kentucky Horse Park ranks as the country's most outstanding specialty park. This stunning new $27-million complex, amid rolling hills and planked fences of bluegrass country, pays tribute to all kinds of horses everywhere. Even if you don't have a passion for equines, you'll leave the Park feeling that horses, indeed, are special animals.

At the visitors center, a giant, futuristic-looking information board keeps everyone posted on what's happening where. A film that gives you glimpses of horses all over the world—from majestic mustangs pounding the prairies to spirited ponies splashing in the surf—sets the scene for the rest of your visit.

Move on to the museum, where you travel through time with the help of unique dioramas, fascinating displays, and zingy computerized wizardry. For instance, you can dial up racing silks of stables everywhere and get the low-down on dozens of horse breeds at the push of a button.

For a closeup look at the modern horse world, tour the Park's "working" horse farm, where a farrier fits shoes to hooves, a harness maker fashions saddles and bridles, and grooms tend to their "horsey" chores. In the spotless Big Barn, you can view horses close up and talk with their handlers. Antique carriages also are on display.

Don't miss the daily pageant called the Parade of Breeds at the half-mile track. Rodeos, horse shows, and other special happenings are held on the infield and at the polo field and steeplechase course. The track-side Clubhouse restaurant serves short-order-style food and drink at reasonable prices.

You can tour the Park on foot, by horseback, or in all sorts of colorful horse-drawn conveyances. Though there's no admission charge, you'll need a ticket book to see the best attractions ($3.25 for adults; $2 for kids six to 12; under six, free).

It's a delight to linger awhile at the Park's resort-style campground ($6 a night). Motels also are nearby.

The Park is easy to reach, just six miles north of Lexington (at the junction of I-64 and I-75). Dozens of horse farms in the area welcome visitors. Spring through fall, there's almost always a horse show or auction nearby, along with thoroughbred and harness racing at two local tracks. Or you can strike out along secondary roads to enjoy the pastoral scene.

For additional information, write the Department of Tourism, Frankfort, Kentucky 40601.

Specialty Parks



New York Artpark



The name immediately tells you that this is no ordinary state park. In fact, Artpark is the first state park in the country devoted solely to the arts.

But there's nothing stuffy or museum-like about Artpark. The setting is idyllic—some 200 riverside acres of rolling green hills and woodlands practically next door to Niagara Falls. During summer, the park is transformed into a studio and stage for a virtual who's who of performing artists and craftspeople—all anxious to share their talents and skills with visitors.

A typical day at the park might include a play at the Children's Theater, a karate demonstration, a brass quintet concert in a forest glade, an Italian cooking workshop, performing mimes, and a clown show. Or you might watch gymnastics, a comic fencing team, magicians and jugglers going through their routines, or a puppet play.

Meanwhile, up on a network of elevated boardwalks called the Art El, craftspeople will be at work. You can ask questions and try your hand at weaving, glassblowing, wood carving, metalworking, and pottery making. Half the fun is getting acquainted with the friendly artisans.

Center stage at Artpark is an ultramodern theater for all kinds of music and dance. The productions are ambitious and the talent is top-flight, including the Joffrey Ballet and The National Ballet of Canada. The highest priced evening tickets are $5 ($6 on Saturday nights). Matinees cost less.

There are works of art all over the grounds—some to engage the eye and others to have fun on. Kids love the fantasy airplane, the free-form tree house, and the huge sculptured wood swings.

Artpark opens at noon every day except Monday from the end of June through Labor Day. No admission is charged, but there's a $1.50 parking fee. Shuttle buses operate around the park, and a double-decker bus shuttles visitors to nearby Lewiston. Browsing the 1800s shops and dining in charming vintage restaurants in this history-rich town are great fun (snacks and sandwiches are sold at the park).

For nearby accommodations, you can't beat the Portage House ($32 double) in Lewiston. Of course, there are plenty of lodgings in the Niagara Falls area, too. Camping options close-by include a KOA in Lewiston and Four Mile Creek State Park.

Contact Evelyn Tracy, Artpark, Box 371, Lewiston, New York 14092, for more about what's on tap at Artpark this summer. For more area information, write the Niagara Falls Convention and Visitors Bureau, Box 786, Falls Street Station, Niagara Falls, New York 14304.

continued


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continued

Island Parks

Hammocks Beach
N. Carolina



Hammocks Beach is part of the shifting barrier of sand-bound isles that's plagued generations of sailors off North Carolina's coast. More recently, however, vacationers are appreciating this wild and wonderful state park as one of nature's splendid sanctuaries.

The prime attraction is a magnificent expanse of ocean beach front that stretches out of sight. There, surf casters wrestle catches from the sea, youngsters roughhouse in the sand, and beachcombers search for shell treasures.

You'll feel like a guest at this park. Most permanent residents are pelicans and gulls, tiny crabs, huge loggerhead turtles, and other wild creatures that leave tracks in the sand. Wilderness camping is tops (bring all your own supplies and gear). You can reach the island via free shuttles from the park service dock just outside Swansboro in summer (weekends only in May and September).

For more about Hammocks Beach, write the Division of Parks and Recreation, Department of Natural Resources, Box 27687, Raleigh, North Carolina 27611.

Hunting Island
S. Carolina



Another state park in the barrier island tradition is Hunting Island, linked to South Carolina's coast by a causeway. From atop the park's landmark lighthouse, you can survey the lush 5,000-acre scene—beaches, lagoons, and forests overlooking St. Helena Sound.

For closeup views, hike Lighthouse Trail. Or enjoy the park by bike; pedal off toward the sunset as gulls circle offshore (bring your own bike). Besides ocean-side campsites, 14 cabins are for rent ($120 to $210 a week).

The surrounding area, including the town of Beaufort, is rich in history. Savannah and Charleston are within easy drives, too. The private resort community of Fripp Island next door offers lodging and vacation recreation.

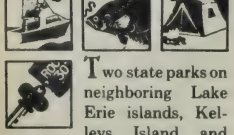
For more information about Hunting Island, contact Dana Sawyer, South Carolina State Parks, 1205 Pendleton Street, Columbia, South Carolina 29201.



Kelleys Island
Ohio



South Bass Island
Ohio



Two state parks on neighboring Lake Erie islands, Kelleys Island and South Bass, are distinctively different, yet both are perfect for back-to-nature vacationing away from it all.

Kelleys Island State Park resembles a well-tended estate, with apple and cherry trees dotting the neat, airy landscape. You can camp close to the water, at high and dry locations (both $2.50 a night), or at a couple of Rent-A-Camp tent sites, all set up (May through October; $8 a night). A nearby hunting area is alive with wildlife.

South Bass, on the other hand, is a tiny (32 acres), woodsy retreat with an untamed look, tucked into a lakeside cove. Vacationers of all ages enjoy joining in the park's daily nature programs in summer and following the walkway to scenic Sunset Point. You can pitch a tent almost anywhere—even right on the cliffs overlooking the Lake ($2.50 a night). Two cabins ($85 and $105 weekly) usually get snapped up fast (summer reservations accepted in January).

Beyond the parks proper, there's plenty of exploring to do on both islands. Kelleys, with a year-round population of 125, is a tranquil oasis with natural beauty at every turn. The Island's huge glacial grooves—left over from the Ice Age—are unique.

In the history-rich little village of Put-in-Bay, at the center of South Bass Island, you can rent bikes and golf carts for a get-acquainted tour. Or take the cheery yellow tour train. Special events, like clambakes, regattas, and festivals, also are scheduled. There are lodgings in the village, too.

Several other nearby islands also are fun to explore. And fish usually are jumping in the surrounding waters.

Both state parks are easy to reach by car ferries (April through early November), plane, or in your own boat. Just head for the southwestern (Ohio) end of Lake Erie, where Marblehead Peninsula juts out to form Sandusky Bay.

For more park information, contact Reggie Langford, Lake Erie Island State Parks, 4049 East Moores Dock Road, Port Clinton, Ohio 43452. To learn more about the area, write Kendra Larcey, Put-in-Bay Chamber of Commerce, Box 76, Put-in-Bay, Ohio 43456.

continued

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Steering	YES	_____
Front Suspension	YES	_____
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Electrical System	YES	_____
Air Conditioner	YES	_____
Additional Coverage:		
Honored at over 15,000 dealers in the U.S.A. and Canada	YES	_____
Rental car allowance for any warranty condition requiring overnight repair due to vehicle disablement.	YES	_____
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Don't settle for less

Continuous Protection Plan

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continued

Pipestem West Virginia



Pipestem State Park waits to be discovered amid the rugged Appalachian mountain country of southern West Virginia, once strictly the realm of moonshiners and mountain folk. Indian lore and legend add to the Park's fascination, but it's the setting—naturally wild, wooded, and laced with rivers and streams—and the activities that attract most vacationers.

Among the amenities is a championship golf course that's a golfer's dream—with five unforgettable finishing holes and spectacular views in every direction. There's a nine-hole course, too, that even pros love playing.

At the heart of the Park, a seven-level lodge clings to the canyon wall overlooking misty, beautiful Bluestone River Gorge. For true away-from-it-all atmosphere, take the exciting aerial tram that sweeps down to the canyon floor and modern Mountain Creek Lodge. Stop by the mountain crafts center at the tram station complex, too, where creations of local artists and artisans are on display and for sale. Lodge rates range from $27 to $30 double in summer. Housekeeping cottages (weekly only in summer; $230 to $320) and campsites ($5 a night) also are available.

After dark, plays and concerts are scheduled in summer at the amphitheater. Other choices to round out your evenings after dining at one of the Park's three restaurants include live music or disco sounds, tennis on lighted courts, and hayrides or overnight trail rides.

A mini-bus circles the grounds (25 cents takes you anywhere all day). Outings to sparkling Bluestone Lake nearby, bordered by Bluestone State Park, can be arranged. Good fishing is almost guaranteed there, as well as in streams and rivers that crisscross Pipestem. All types of boats are for rent at the Lake marina.

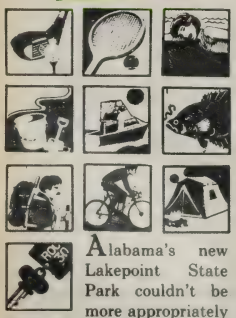
Pipestem lies about 30 miles north of Bluefield, along State-20 (midway between Charleston and Roanoke). Amtrak, USAir, and Greyhound all serve Bluefield. Rental cars are available at the airport. The Park stays open year round, though the focus in winter switches to snowy pleasures like cross-country skiing and sledding.

For details, write Natural Resources Department, Parks and Recreation, State Capitol, Charleston, West Virginia 25305.

Resort Parks



Lakepoint Alabama



Alabama's new Lakepoint State Park couldn't be more appropriately named. It's centered on a point of land that juts out into mammoth Lake Eufaula, then rambles along the Lake's shoreline.

Water-oriented pastimes get top billing at this Park. The huge Lake, formed by a dammed-up stretch of the Chattahoochee River along the Alabama-Georgia state line, is said to be among the best bass-fishing territories anywhere. The Park's first-class marina has fishing boats (no motors) for rent. Or you can bring along a canoe or another craft to leisurely explore the myriad patterns outlined by sandbars and tiny green islands. A broad stretch of sand just beyond the marina and not far from the tennis complex is perfect for sunning and other waterside fun.

Since Lakepoint is the most recent addition to Alabama's network of state resort parks, just about everything is neat and new. Even the grounds look manicured. The lodge is sparkling new (doubles $27, $33 for four). It's a sprawling modern structure nearly surrounded by water on three sides and also offering indoor and outdoor pools.

The lodge is the focus for dining and night life as well. It houses two restaurants (one featuring gourmet-style fare). The lounge often swings with live music and entertainment.

For a quieter setting with somewhat more privacy, opt for a hilltop housekeeping cabin overlooking the brand-new golf course or a cabin in the cool piney woods closer to the water ($36 for four). Campers can enjoy their privacy, too, in a delightful lakeside campground, with its own tennis courts and beach, situated at the opposite end of the Park.

Lakepoint's Deep South locale (some 45 miles south of Columbus, Georgia, and 85 miles southeast of Montgomery, Alabama) is perfect for historical sight-seeing, including visits to lovely antebellum homes. The nearby town of Eufaula hosts an annual spring Pilgrimage (April 10 to 13 this year). It features an antique sale and tours of restored showplaces along tree-shaded boulevards when dogwoods and azaleas are in peak bloom.

For more information about Lakepoint, write C. Culp, Alabama Super Park Resorts, 770 South McDonough Street, Suite 205, Montgomery, Alabama 36104. Like all six of the state's other resort parks, Lakepoint is open year round.

continued



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continued

Unless otherwise noted, the super state parks that follow offer camping and/or indoor accommodations, along with recreational pastimes.

For a listing of additional outstanding state parks, and agencies to contact for more information about the parks below, send a stamped, self-addressed envelope to: Norma Bliquez, Features Department, Better Homes and Gardens, Locust at 17th, Des Moines, Iowa 50336.

Historical Parks

California–Columbia (gold rush town; accommodations nearby); San Simeon (Hearst mansion/estate).

Illinois—New Salem (re-created village of Lincoln's early adulthood).

Indiana — Spring Mill (working pioneer village).

Kentucky—Boonesborough (site of early Daniel Boone settlement); My Old Kentucky Home (stately mansion of Stephen Foster's song).

Mississippi — Florewood River Plantation (1850s cotton plantation; accommodations nearby).

Minnesota — Tower-Soudan (underground iron mine and nation's only underground mine tour; camping nearby).

North Dakota—Fort Lincoln (Custer's headquarters).

Wisconsin — Stonefield Village and Nelson Dewey State Park (turn-of-the-century village and home of the state's first governor).

Nature Parks

California—Anza Borrego (520,000-acre desert park); McArthur-Burney Falls.

Illinois—Giant City (huge sandstone formations).

Indiana—Clifty Falls; Indiana Dunes; Chain O'Lakes.

Michigan—Warren Dunes; Tahquamenon Falls.

Minnesota—Itasca (source of the Mississippi); Interstate (glacial rock gardens).

Montana—Lewis and Clark Caverns.

Nevada—Valley of Fire (sandstone formations).

New York—Letchworth (state's "Grand Canyon").

Oklahoma—Alabaster Caverns (largest gypsum cave).

Oregon—Silver Falls.

Pennsylvania — Harrison (state's "Grand Canyon").

Utah—Great Salt Lake (beside America's "Dead Sea").

Wyoming–Hot Springs (largest mineral spring).

Washington—Palouse Falls.

Specialty Parks

Arkansas—Ozark Folk Center (unique hill culture).

Florida—Pennekamp (first underwater state park).

New Mexico—Living Desert (indoor/outdoor museum of native plants and animals); Rock Hound (rock and mineral collector's paradise).

Texas—Dinosaur Valley; Texas State Railroad (500-acre realm of the iron horse).

Island Parks

Michigan—Mackinac (in Lake Huron).

Vermont—Burton (in Lake Champlain).

Washington — Jones, Stuart, Sucia, and Posey (among the state's San Juan Islands).

More... Super State Parks

Resort Parks

Alabama—Wheeler, Lake Guntersville, DeSoto, Cheaha, Cooper, Gulf Shores.

Arizona—Lake Havasu.

Arkansas—De Gray.

Indiana—Pokagon, McCormick's Creek, Turkey Run, Brown County.

Kentucky—Barren River Lake, Buckhorn Lake, Carter Caves, Cumberland Falls, General Butler, Greenbo Lake, Jenny Wiley, Kenlake, Kentucky Dam Village, Lake Barkley, Lake Cumberland, Natural Bridge, Pennyrile Forest, Pine Mountain, Rough River Dam.

Mississippi—Roosevelt.

New Mexico — Conchas Lake.

New York—Saratoga Spa.

Ohio—Salt Fork, Punderson, Shawnee, Hueston Woods, Burr Oak, Mohican.

Oklahoma—Lake Murray, Lake Texoma, Quartz Mountain, Roman Nose, Arrowhead, Fountainhead, Sequoyah.

South Carolina—Santee, Hickory Knob.

South Dakota—Custer.

Tennessee—Norris Dam, Pickwick Landing, Paris Landing, Reelfoot Lake, Natchez Trace, Montgomery Bell, Henry Horton.

West Virginia—Blackwater Falls, Cacapon, Canaan Valley, North Bend, Twin Falls, Tygart Lake.

More...

California—Point Lobos (unique outdoor museum on Carmel Bay; camping at nearby state beaches).

Delaware—Delaware Seashore (water lover's paradise).

Florida—Myakka River (undisturbed southern Florida nature park).

Georgia—Unicoi (back-to-nature park with excellent nature programs).

Illinois—Pere Marquette (Illinois' largest state park overlooking the Illinois River).

Louisiana—Chicot (6,500 wooded acres, including a state arboretum).

Maine—Baxter (200,000-acre mountain wilderness).

Michigan — Porcupine Mountains (forested wilderness on Upper Peninsula).

Mississippi — Percy Quin and Paul Johnson (lakeside recreational parks); Coleman (water-oriented park on Tennessee River).

Missouri—Montauk, Roaring River, and Bennett Springs (outstanding trout fishing); Lake of Ozarks (state's largest park in vacation region of the Ozarks).

New York — Jones Beach (on-the-ocean park; accommodations nearby); Allegheny (state's largest park in southern New York); Watkins Glen (magnificent scenery in Finger Lakes region).

North Dakota—Metigoshe (lakeside park in scenic Turtle Mountains); Lake Sakakawea (huge water recreation area).

Oregon—Wallowa Lake (camping park in vacation area of northwest Oregon).

Utah—Wasatch Mountain (state's largest and most developed state park in beautiful Heber Valley).

Wisconsin—Devils Lake (in Dells vacation area); Peninsula (lakeside on Door County Peninsula).

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½ cup light raisins
2 tablespoons rum
¼ teaspoon crushed thread saffron
3¾ to 4¼ cups all-purpose flour
1 package active dry yeast
¾ cup milk
½ cup sugar
6 tablespoons butter *or* margarine
½ teaspoon salt
2 eggs
½ teaspoon vanilla

• • •

½ cup diced mixed candied fruits and peels
¼ cup chopped almonds
1 recipe Icing

Combine raisins, rum, and saffron; set aside. In large mixer bowl combine *2 cups* of the flour and the yeast. Heat together milk, sugar, butter or margarine, and salt just till warm (115° to 120°) and butter is almost melted; stir constantly. Add to flour mixture; add eggs and vanilla. Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed.

Stir in the raisin mixture, candied fruits and peels, and almonds. Stir in as much of the remaining flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough (3 to 5 minutes). Shape into a ball. Place in a greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 1½ hours). Punch down; turn out onto a floured surface. Divide in halves or thirds.

Grease bottoms and sides of three 16-ounce cans or two 29-ounce cans. Place on baking sheet. Shape dough into balls; place one in each can. Cover; let rise till nearly double (45 minutes). Bake in a 350° oven about 50

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Where America shops for Value

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continued

Homemade Easter breads

minutes for large cans or 40 minutes for small cans. Cover tops of bread with foil after 25 minutes to prevent overbrowning. Remove from cans. Cool on wire rack. Drizzle with Icing. If desired, decorate tops with additional candied fruits and peels. Makes 2 or 3.

Icing: Mix 1 cup sifted *powdered sugar*, ¼ teaspoon *vanilla*, and about 1½ tablespoons *milk* till of spreading consistency.

EASTER NEST COFFEE CAKE

It's shaped and decorated to resemble a nestful of Easter eggs—

3 cups all-purpose flour
1 package active dry yeast
¾ cup milk
¼ cup sugar
¼ cup butter *or* margarine
1 teaspoon salt
1 egg
Shredded coconut
Green *or* yellow food coloring



Photographs: Dieter

1 recipe Icing (see recipe with Kulich)
Small multicolored decorative candies

In large mixer bowl combine *1½ cups* of the flour and the yeast. In saucepan heat together milk, sugar, butter or margarine, and salt just till warm (115° to 120°) and butter is almost melted; stir constantly. Add to flour mixture; add egg.

Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface. Knead in the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes).

Place in a greased bowl; turn once to grease surface. Cover; let rise till double (about 1 hour). Punch down; divide dough into thirds. Cover; let dough rest 10 minutes.

Shape one-third of dough into 6 "eggs." Place close together in center of greased baking sheet. For "nest," shape remaining dough into two 26-inch ropes. Twist ropes together and coil around "eggs"; seal ends together. Cover; let rise till double (about 1 hour). Bake coffee cake in 375° oven for 15 to 20 minutes or till golden. Remove from the baking sheet and cool on wire rack.

Tint coconut with a few drops of food coloring. Frost coffee cake with Icing. Before frosting dries, sprinkle "eggs" with decorative candies and the "nest" with tinted coconut. Makes 1 coffee cake.



Harvest Vegetable Ideas

Easy Coffee Breads

Do you spark fall meals with a special vegetable side dish? Perhaps you make a favorite easy-to-fix coffee cake or bread for snacks or coffee klatches. Send us your recipes—you could be a winner next November. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Harvest Vegetable Ideas

Your side dish recipe should feature a fall vegetable such as parsnips, potatoes, turnips, winter squash, or cauliflower. Hints: **orange-rutabaga bake, wine-sauced parsnips, brussels sprouts salad.**

Easy Coffee Breads

Any coffee-bread or coffee-cake recipe, yeast-risen or not, is eligible. Do you use a short-cut method for yours? Tips: **peanut butter biscuits, mint-marble coffee cake, cheesy wheat bread.**

THIS MONTH'S WINNERS

(See recipes on pages 139 and 140.)

Cooks-of-the-Month

Ms. Carley Lindsay, Iowa City, Ia.
Mrs. Rose D. Roman, Bellingham, Mass.

Runners-up

Susan Ann Cherritt, Hemet, Calif.
Kathy von Holtz, Oswego, N.Y.
Mrs. Margaret Lewis, Dubuque, Ia.
Erla K. Smith, Lakewood, Colo.

Honor Roll

Shanna Breen, Detroit, Mich.
Mrs. Richard Haen, Sturgeon Bay, Wis.
Mrs. Joseph Hughes, Houston, Tex.
Mrs. George Jung, Orlando, Fla.
Mrs. Vernon Mintz, Gibsonburg, Ohio
Hong Kok Ting Paugh, Ryegate, Mont.
Janet M. Robson, Lansing, Mich.
Karen Segal, Los Angeles, Calif.
Mrs. R. M. Tregillus, Alberta, Canada
Mrs. Frank Weis, Aurora, Ill.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Harvest Vegetable Ideas" or "November Easy Coffee Breads."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by April 30. Where duplicate recipes are submitted, the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8004 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

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242 CALORIES



CHICKEN MARENGO

242 CALORIES

PAM®
2 lb. chicken, cut up
¼ lb. fresh mushrooms, sliced
1 clove garlic, minced
1 8 oz. can tomatoes
4 oz. frozen small white onions
½ cup sliced carrots
½ tsp. thyme
1 bay leaf
1 chicken bouillon cube
Salt & pepper
1 Tbsp. flour
2 Tbsp. water

Coat inside of large skillet with PAM. Heat (medium). Brown chicken on all sides. Remove. Pour off drippings. Add mushrooms & garlic, stir over low heat 'til lightly browned. Add vegetables, thyme, bay leaf & bouillon cube. Bring to boil. Salt & pepper chicken. Return to pan. Cover & simmer 30 min., 'til tender. Remove chicken & keep warm. Stir flour & water 'til smooth. Add to pan & stir 'til mixture boils & thickens. Serve gravy & vegetables chicken. (Serves 4)

Start with PAM.
Your recipes turn out right!

Barbara Humeston

Does your pet have an allergy?

If symptoms like itching, watery eyes, wheezing, and sneezing are making your pet miserable, he may have an allergy. Allergies are being recognized as problems among more and more dogs and cats. And since your pet isn't able to tell you what's bothering him, it's up to you to be aware of allergy symptoms and how to cope with them.

What's an allergy?

For all practical purposes, an allergy is an unnatural negative reaction to a normal stimulus—a material or substance that has no ill effect on most other dogs and cats. The reaction or symptoms triggered by the substance (the "allergen") usually can be relieved but not cured. No breeds of dogs or cats, including mixed breeds, are totally immune to allergies. Keep in mind, however, that a predisposition to allergies is sometimes inherited.

As often as not, an animal's allergic reaction will be delayed—occurring hours, even days, after contact with the offending substance. And when the symptoms do show up, they're not always what you might expect. For example, if your pet comes into contact with wool or other material he's allergic to, you'd probably expect him to break out in a rash. But he may have a sneezing fit instead. Or he may evidence no symptoms whatsoever until two or three days later. Such reactions can make it difficult to track down the cause of your pet's allergy.

Common causes

Nevertheless, researchers have been able to pinpoint several common sources of dog and cat allergies. They're good possibilities to consider first if you suspect your pet has an allergy.

Parasites—The most common parasite allergies are reactions to bites of fleas and mites and to insect stings. The usual symptom is itching, sometimes accompanied by a hives-like rash. Severe swelling around the muzzle normally is the reaction to insect stings, but in unusual cases, your pet may even have difficulty breathing and go into a shock-like condition that calls for immediate professional attention.

Airborne substances—Weed pollen and molds are among the most common of these allergens. Paw licking, face rubbing, and scratching near the tail are usual reactions, along with other symptoms that often resemble those of hay fever. Itching often begins in spring and continues till the onset of cold weather. Dust from cat litter may trigger allergy-like reactions in some cats. You may be able to relieve these symptoms by switching from a clay-type commercial litter to shredded newspapers or another material that doesn't produce dust.

Food—Pets allergic to certain foods may suffer from skin disorders or digestive upsets. Problems vary from simple dandruff to severe itching, vomiting, and diarrhea. When you suspect a food allergy, try controlling your pet's diet by feeding him a "complete and balanced" commercial pet food rather than table scraps. If symptoms persist, your veterinarian can prescribe a special pet food and/or diet for your dog or cat.

Drugs and medications—There's no typical or specific pattern of allergic reactions to these substances. Symptoms vary from small sores to respiratory problems, allover hives, watery eyes, even digestive upsets. Unfortunately, drug and medication allergies among dogs and cats frequently are overlooked or ignored. If your pet develops any problems while on medication, be sure to alert the veterinarian treating him. The veterinarian can determine if your pet's reaction is an allergy. It's your responsibility, of course, to inform any veterinarian who treats your pet about any drug allergies you're aware of.

Infections—The bacteria, fungi, and other microorganisms that make your dog or cat sick also can trigger an allergic reaction that makes your pet cough, itch, or have any number of symptoms that normally aren't associated with the illness he's suffering from. And the reaction to the infectious organisms can be as serious as the illness they cause.

Contact allergies—Allergic dermatitis, as these allergies usually are called, are commonly caused by chemicals found in such products as insect powders and sprays, flea collars, paints, shampoos, detergents, etc. Fortunately, your pet's coat acts as a kind of barrier to help keep these substances away from his skin. Be especially cautious about parasite control. Chemicals used to keep your pet free of parasites can trigger allergies. Also, don't use wool, sheepskin, straw, hay, and the like for his bedding.

How you can help

More likely than not, you'll need a veterinarian's help to determine first if your pet

continued



Drawing: John Svoboda

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continued

Pet allergies

really is suffering from an allergy (symptoms of some diseases and other health problems can resemble allergies) and then to identify what's causing the reaction. But when there's no evidence of secondary symptoms (such as a fever or loss of appetite), reactions like itching, watery eyes, sneezing, etc., probably can be traced to an allergy.

Timing, too, sometimes can be a good clue. For example, did the onset of your pet's symptoms coincide with a change in the weather, a high pollen count, a new food, a flea collar, or a new blanket in his sleeping box?

If your pet's symptoms are mild, you may want to try to zero in on the problem yourself. You might alter your pet's diet if you suspect a food allergy, for example, or restrict the time he spends outdoors if you think he's reacting to pollens. But beware: Do-it-yourself diagnosis can be dangerous. Be sure to monitor your pet's condition very carefully. Mild symptoms can quickly become serious, and they sometimes disguise potentially critical problems.

You may be able to alleviate your pet's symptoms by giving his bed or pen a thorough cleaning and then keeping your pet and his surroundings as clean as possible. Bathing also may give your pet temporary relief from some allergy-related itching and temporarily remove dust and pollens which he might inhale from his coat. Use a gentle castile-type or baby shampoo, or a good commercial pet shampoo. Add an emollient oil to the rinse water if your pet's skin is dry. For temporary relief of allergy-caused eye irritations, gently wash your pet's eyes with a mild boric acid solution or use eyedrops containing phenylephrine (available by prescription from a veterinarian).

Keeping a record of your pet's diet and his reactions to different materials he contacts also will help a veterinarian diagnose your pet's problem.

Professional care

If your pet's condition doesn't improve or begins to deteriorate, or if infection sets in, get professional help. Symptoms left untreated often can cause permanent damage, to say nothing of making your pet miserable. Though allergies can't be cured, the symptoms can be treated and usually controlled with steroids, antihistamines, medicated shampoos, and other medications.

If your pet's condition warrants it, your veterinarian may set up a series of sensitivity tests involving injections of common allergens to determine exactly what your pet is allergic to—or recommend a pet allergy specialist who can handle this procedure. When the allergy and/or allergies have been identified, a medication can be made up and injected in a hyposensitization program designed to reduce your pet's allergic reactions.

Hyposensitization usually is undertaken only in extreme cases, and it's not always effective. Nevertheless, the procedure has proved quite effective in dealing with some common allergies. Costs of the tests and a follow-up series of injections typically run about $80 to $120, though prices vary somewhat among veterinarians and in different parts of the country.

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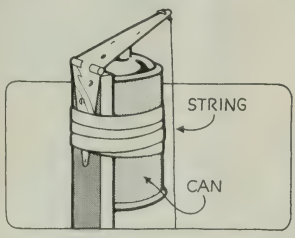
TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You want to get rid of hornets without getting stung.

SOLUTION: Build a remote-control device for a can of insecticide. Screw one leaf of a strap hinge to one end of a long 1x2 as shown. Tie a string to the other leaf. Tape the insecticide can to the 1x2 so that the horizontal leaf of the hinge touches the push button. Pull down on the string to operate the spray can long-distance.

P.W., Herron, Mich.



PROBLEM: No matter how tightly you seal the lid on a can of glazing compound, the compound always drys out and becomes unusable.

SOLUTION: Buy new compound and use as much as you need, then remove the rest from the can and roll it into a ball. Place the ball of compound in an empty glass jar, fill the jar with water, and tighten the cap. The water will keep air away from the compound.

T.P., Needham, Mass.

PROBLEM: When you cut blanket insulation with a utility knife, the going is slow and close contact with the fiber glass makes you itch.

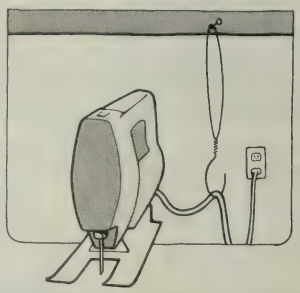
SOLUTION: To keep your hands away from the fiber glass, use a pair of sharp hedge shears to slice through the insulation.

C.H., Hellertown, Pa.

PROBLEM: The electric cord of your power saw keeps getting in the way of the blade.

SOLUTION: Hang the slack cord overhead to keep it off your work area. Bend a wire coat hanger to form a long, narrow loop with the hook at the bottom. Hang the loop from a nail or hook in the ceiling over your work space. Then run the cord over the hanger hook to the wall outlet.

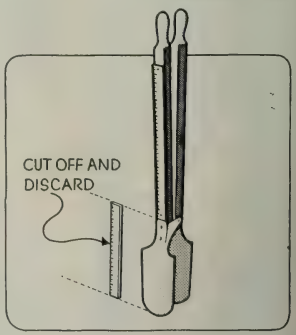
J.P., Stoneboro, Pa.



PROBLEM: While using a post-hole digger, you have to stop repeatedly to measure the depth of the hole with a yardstick or a post.

SOLUTION: Mount a yardstick on the digger handle. Hold the stick against the digger and mark the point on the stick where the blade of the digger is attached to the handle. Cut the yardstick at that point and tack the shortened stick to the handle of the digger.

J.N., Holcomb, Ohio



PROBLEM: On windy days, the hangers holding clothes on your outdoor line get bunched up.

SOLUTION: Replace six feet of clothesline with small-link chain. Slip the hanger hooks through the links.

E.K., St. Joseph, Mich.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

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SHOPPING

How to order material from the magazine



MINIATURE ROSES Our miniature roses will provide summer beauty for your garden or apartment patio. Hula Girl is shown here, see our February '80 issue for additional varieties.

Hula Girl Available also as a miniature tree rose. Bright, orange-yellow double blooms measure 1½".

Starina Orange-red fragrant flowers of classic form with 1¾" blooms on 18" bushes when full grown.

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Little Fireball Features blossoms like a floribunda with clusters of 1½" roses on each main stem.

Golden Angel Available as a miniature tree rose only, stands about 20" when full grown.

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Peacock Panel Pattern shown in this issue will be a beautiful addition to your home. 15"x22" panel shown framed (frame not included), is equally attractive unframed. For a more traditional look leave panel unpainted. Pattern includes filet crochet pattern grid, schematic drawings for painted version, and instructions.

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CRAFTS

Auction lingo

If you're thinking of venturing into the auction market to find collectibles, be sure to familiarize yourself with the basic terms of the trade. For starters, here are some common terms that you're bound to hear at local crafts auctions.

Antique: It is now common to label objects 100 years and older "antique." (It used to be that only objects predating 1830 were considered antiques but the rules have recently become more flexible.) Because of this broad definition, there is a light sprinkling of "collectibles" along with the genuine antique pieces.

Circa: This Latin word means "about" and is used before an approximate date. Age, of course, is an important determinant of an item's value.

Knock-off: This is a slang term for something that is a copy of an original but is not acknowledged or recognized as an original.

Attribution: Although it is difficult to give a precise origin for craft collectibles, a source must be given in order to establish a value. "Attribution" is the naming of the source. Every item in the auction market must be attributed to a certain year or period of time. Appraisers can then establish a specific value for a given item—through knowledge of its history and its creator.

Reserved action: A reserve is the lowest price that will be accepted for a certain item. This price has been agreed upon beforehand by the auctioneer and the consignor. Few auctions are entirely reserve; usually only a few designated items are sold specifically by reserve action.

Quick knock: A quick knock is an item that sells quickly—the auctioneer gives the final rap of his hammer without waiting for a final audience bid.

Pool: A "pool" or "ring" is a group of dealers who choose one person to bid for the entire group. This enables them to buy cheaply and then schedule their own sales after the auction to make an even larger profit.

Buy back: This is an offer on the part of many dealers to buy back any merchandise sold at a ten-percent increase. (This helps the dealer maintain his or her inventory.)

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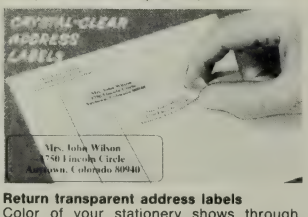
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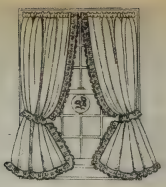
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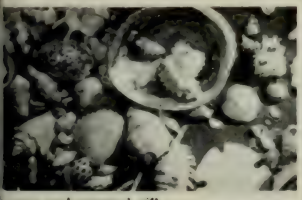
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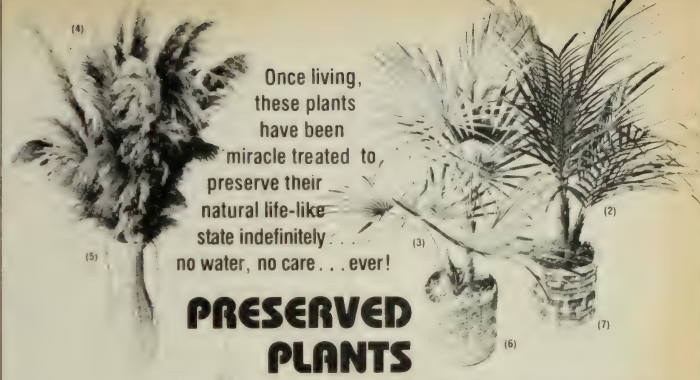
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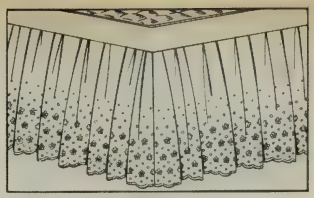
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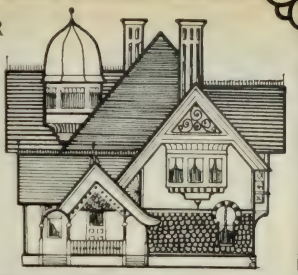


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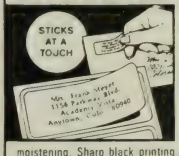
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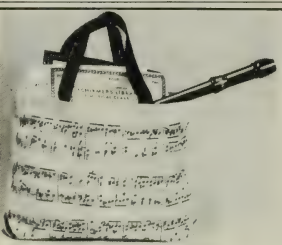


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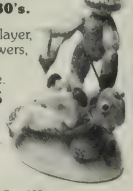
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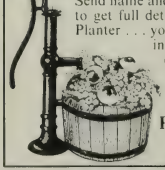
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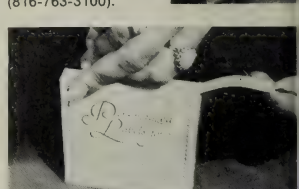




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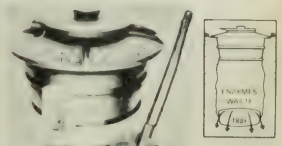
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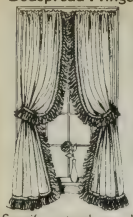


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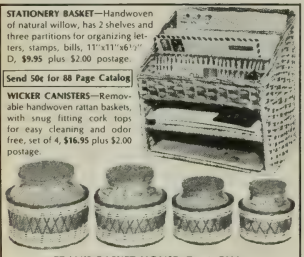


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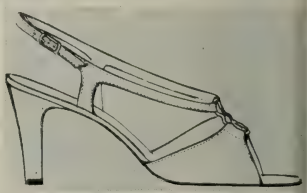


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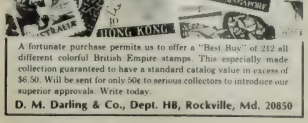


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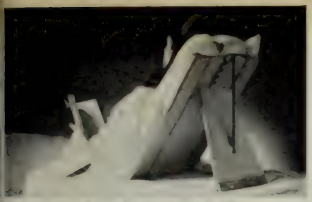
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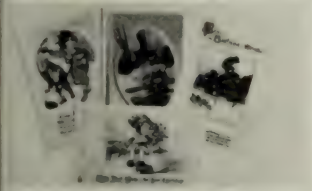


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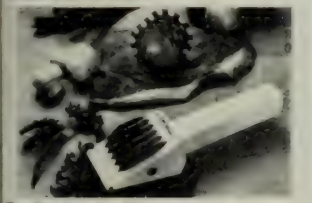
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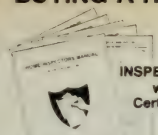


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One of our town's wealthier self-made men says the best way for him to get along with his relatives is to keep them thinking he's broke. I wish I had the same problem—my challenge is to keep my family thinking I'm solvent.

Every time I build something in my shop, I'm reminded of Grandpa Hillis' carpentry advice: "Measure twice, cut once." Unfortunately, I usually don't recall the maxim until *after* I've measured once and therefore had to cut twice. Hmm—I wonder if Michelangelo and Da Vinci ever encountered the same difficulty in putting together *their* projects.

From the pulpit last Sunday, the Rev. George Hall addressed the problem of the growing population and the earth's limited resources. The title of his sermon said it all: "There's room enough in the world for everybody except the greedy."

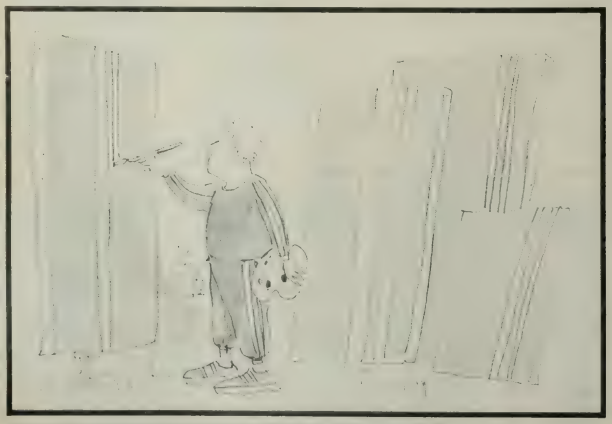
After landing new jobs in another town, Kay and John Warren were faced with formidable expenses. They're managing to weather all the moving costs and bills for landscaping and decorating their new home, but Kay writes, "It's amazing how getting ahead in the world can set you back."



"Okay, one more fairy tale. There was this three-bedroom house, good location, low taxes, for $18,500. . . ."

Christine has been prodding me to have the snow tires taken off the car, but I think I'll hold off until I'm sure Mother Nature has no more tricks up her sleeve. I can recall a few years back when I admired the first crocuses of spring one day, only to see them buried under a foot of snow the next.

Millie Dresch says the new horizons opened up by the women's movement have benefited her life in many ways, big and small. One of the minor, but pleasant, dividends is the fact that she no longer feels inadequate when her meringue doesn't peak up as nicely as Mother Dresch's did.



Almost everywhere I turn these days, I'm assaulted by another barrage of bad news about inflation's impact on the average American family's budget. Add the wallop of ever-escalating energy costs, and things seem to be grim indeed.

The Hillis household budget has been stretched as taut as that of any other family on the block, and Chris and I are constantly trying to find new ways to cut corners. We still enjoy a high standard of living—much better than our parents knew for most of their lives—but it gets tougher and tougher to keep ahead of rising prices.

Despite all this, Chris had some positive observations to make after we'd ended our monthly bill-paying session last evening. In some ways, she said, the economic crunch has been good for our family. For example, she pointed out that we spend more time at home than we have in recent years—we're reading more, devoting more time to hobbies, and enjoying each other's company more as a family.

Chris said that even though we had to postpone our long-planned auto trip to the West Coast last year due to the gasoline shortage, we did get to know our own state better during several weekend trips.

We've also brushed up on our consumer skills, Chris observed. We're better shoppers now than we've ever been. And I'm trying to expand my do-it-yourself repertoire to include more home and auto maintenance techniques. When it comes to our cash flow, we've learned to be more prudent about using credit cards and writing checks. Chris even bicycles to work at the library when the weather permits (she says it's not a matter of patriotism any longer—she loves the exercise).

I'll be the first to stand up and cheer when I see the headlines announcing that inflation is finally under control and the energy shortage is resolved. But that's a long way off. In the meantime, I'll take some solace in Chris' positive point of view.

Burton Hillis

New! Mainstay™ dog food

Flavor you can actually see!



If you want to know how good a dog food can be, take a look at New MAINSTAY. There's no other dog food like it! Every nugget is bursting with flavor you can actually see...golden nuggets with cereal grains, meat and bone meal and vegetable flavor pieces. And MAINSTAY has been "Kennel-Tested" by Purina to make sure it tastes as good as it looks. So MAINSTAY gives your dog a complete and balanced meal, with delicious flavor variety in every bowlful.

New MAINSTAY from Purina—Flavor you can actually see!

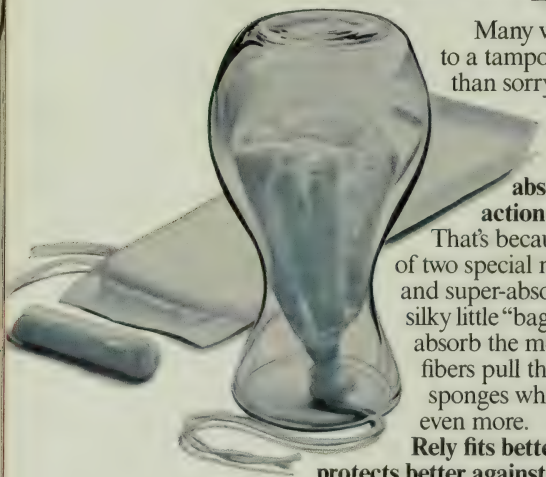
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® 1979 Ralston Purina Company

Available in 5, 10, 20 and 40 lb. bags.

Napkins help prevent tampon accidents from showing.

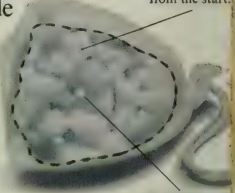
Rely's double-absorbing action helps prevent accidents from happening.



Many women use a napkin in addition to a tampon because they'd rather be safe than sorry. But Rely® does such a great job of protecting that you may not feel you need a napkin at all.

Rely provides a method of absorbency called double-absorbing action that no other tampon offers.

That's because only Rely is made of two special materials: sponges and super-absorbent fibers in a silky little "bag." As the sponges absorb the menstrual flow, the fibers pull the flow from the sponges which can then absorb even more.



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to fit best. So
protected virtu
from the start.

Super fibers fo
holding power.
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fibers pull the
the sponges. H
17 times their
weight.

Rely fits better than any other tampon so it protects better against by-pass accidents. These accidents occur when there's a gap between you and your tampon. But Rely fits snugly, hugs the vaginal walls, reducing the chance of flow escaping (and the need for napkin backup).

Rely's a wonderfully comfortable tampon, too. Comfortable to insert, to wear, to remove.

Rely comes in Super for extra heavy flow and Regular for medium to heavy flow. (Some women use both sizes: Super at the start of their period, Regular when they're tapering off.)

You'll love Rely. Because even better than not letting accidents show is not letting accidents happen.



Rely. It even absorbs the worry.

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Make Room for Great Room



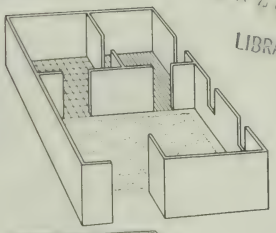
ith Armstrong Solarian® Floor.



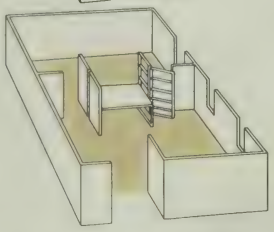
How to transform three ordinary rooms into The Great Room

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It was a typical floor plan of the 1950s and '60s...a small kitchen, an adjoining dining room, and a living room. But now, with a minimum of structural change, the three ordinary rooms have merged into one...The Great Room. It's a room whose greatness lies in the use of its space...not the size of it. A multipurpose room for the way we are...the way we live. Less structured. More informal. The Great Room... created by removing two walls and making a great space for contemporary living. And the great floor that ties it all together Armstrong Solarian Supreme.



Yesterday's floor plan.



Today's Great Room.

Great Rooms deserve Great Floors...like the new Armstrong Solarian Supreme

There's never been an Armstrong floor this luxurious. As beautiful in the family living area as it is practical in the kitchen. It's a totally new kind of floor...and you'll see the difference at a glance.

A beautiful new precision of design achieves its uncommonly elegant styling...gives its colors and patterns unusual richness, realism, sophistication. Solid inlaid construction provides durability, toughness, and excellent resistance to indentation. For a long-lasting built-in shine, it has Armstrong's extra-durable Mirabond® no-wax surface...keeps its lustrous "like-new" look without waxing far longer than ordinary vinyl no-wax floors.



About $580

Manufacturer's current estimated retail price for an average 12'x15' room. Material only. Installation extra. Prices may vary by retailer.

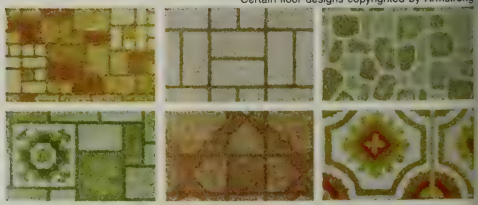
Norwalk Marble Solarian Supreme, pattern 88023

Great Rooms Deserve Great Floors...like Armstrong Designer Solarian



Savona Designer Solarian, pattern 89424
Certain floor designs copyrighted by Armstrong

For gracious living...related areas merge into a total environment encompassing the kitchen, dining, and family room. And the great floor that ties The Great Room together...Armstrong Designer Solarian, the only no-wax floor with the richness of Inlaid Color™ It's Armstrong's exclusive process that builds up the pattern and color with thousands of varicolored vinyl granules, creating a floor with remarkable richness of color and beautiful design realism.



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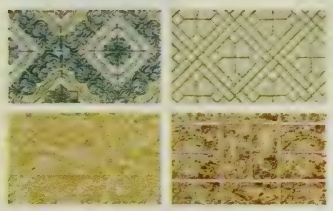
Manufacturer's current estimated retail price for an average 12'x15' room. Material only. Installation extra. Prices may vary by retailer.

Great Rooms Deserve Great Floors...like Armstrong Premier Sundial™ Solarian



Baytown Premier Sundial Solarian, pattern 66853

This pleasant Great Room blends a farm kitchen with an informal living/family room... creating a warm, relaxed atmosphere. The great floor that helps unify the space is designed for comfort and beauty. Armstrong Premier Sundial Solarian... a thickly cushioned no-wax floor. And with a remarkably flexible construction that allows its installation directly over most existing floors as easily as carpet... eliminating seams in most rooms with the 12' SeamSaver™ width.

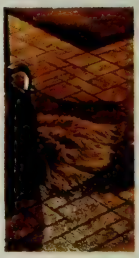


About $340 Manufacturer's current estimated retail price for an average 12'x15' room. Material only. Installation extra. Prices may vary by retailer.

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*If a reduction in gloss should occur in heavy-traffic areas, Armstrong Suncoat™ can be applied to help maintain the sh

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Armstrong Studio Solarian and Sundial Solarian are on sale now! Save $30 to $50 on a 12′ x 15′ room…now through May 31. at participating retailers.

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Please send me your free 24-page Armstrong shopper's guide, "How to Buy Resilient Flooring," plus your brochure illustrating all the great Solarian no-wax floors from Armstrong.

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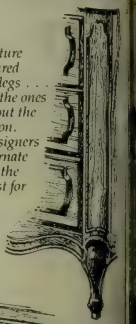
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During Louis XV's reign, furniture designers abandoned plain surfaces in favor of intricate details and ornamentation. Notice the parquet inlays on the doors of this Camille chest. It's another example of how that masterful Thomasville touch has recreated that memorable Louis XV look.



Louis XV furniture invariably featured carved cabriole legs . . . very much like the ones found throughout the Camille collection. Thomasville designers extended this ornate sculpturing up the sides of the chest for added elegance.



Mesdames de Pompadour and du Barry, as well as other women in Louis XV's court, greatly influenced the styles of this period. As a result, furniture became more delicate, more feminine and was often adorned with flowery carvings like the ones on our triple dresser.

Thomasville has "Good Ideas for Furnishing Your Home," a full-color 358-page catalog. An



$8.50 value, you save $2.50 by sending $6.00 to Thomasville Furniture, Dept. 05TBH, Thomasville, NC 27360.



That masterful Thomasville touch in that memorable Louis XV look.

Camille, available for bedrooms, dining rooms, and living rooms, is just one of the memorable Thomasville looks.



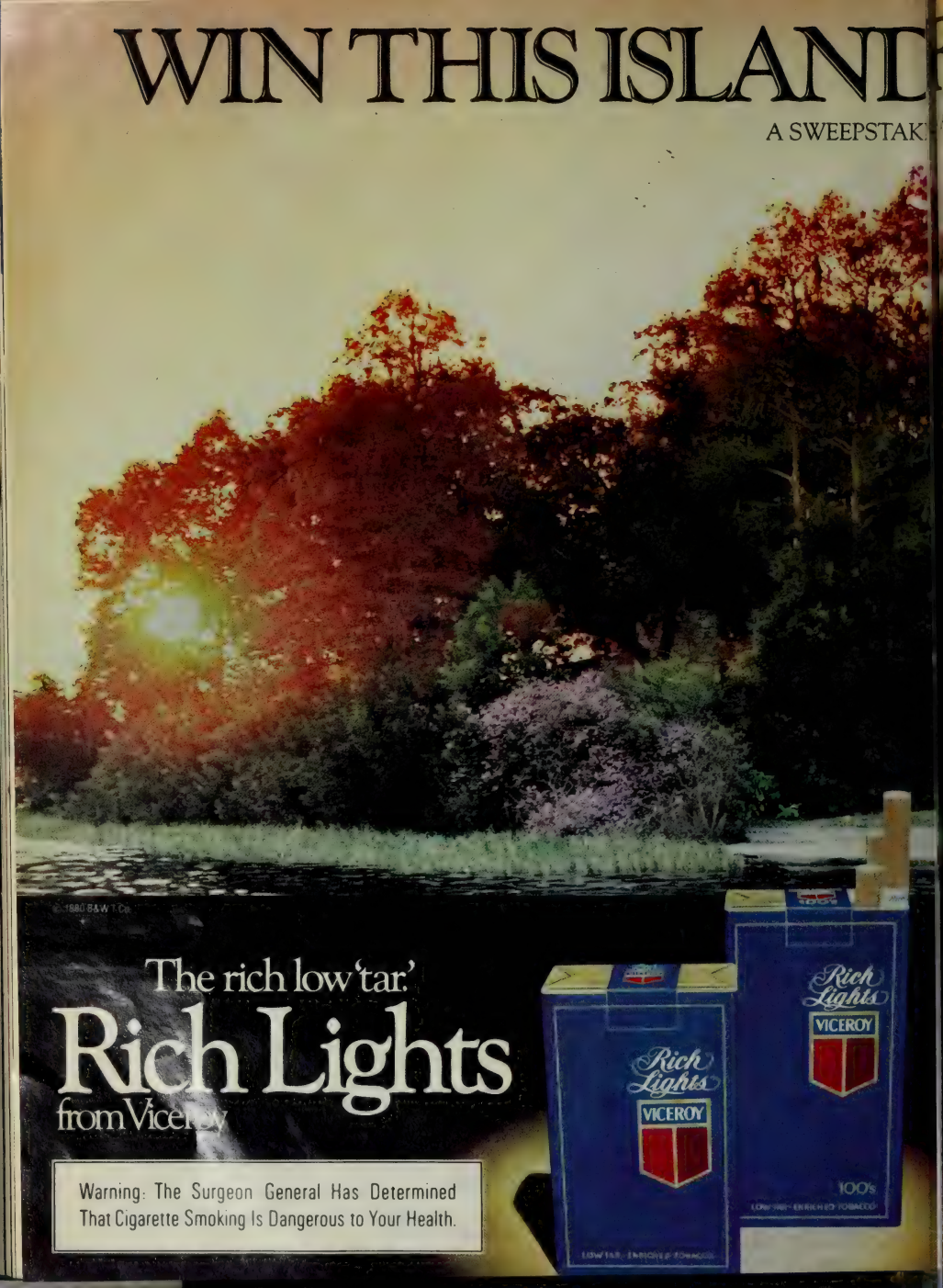
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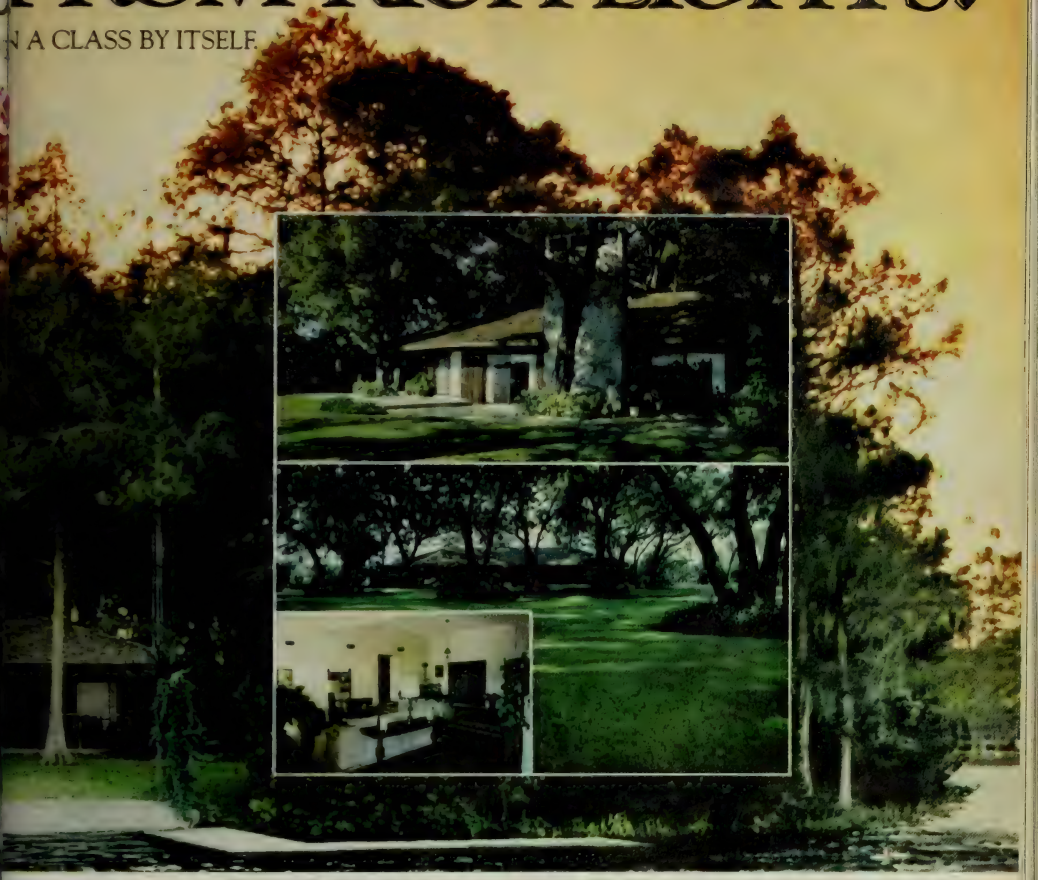
WIN THIS ISLAND

A SWEEPSTAK



FROM RICH LIGHTS.

N A CLASS BY ITSELF.



OFFICIAL RULES

THE PRIZE WILL BE AWARDED AND CONSISTS OF A CENTRAL FLORIDA LAKE ISLAND AND FURNISHED HOUSE SHOWN ("IMPROVED ISLAND"), OR, AT THE WINNER'S OPTION (EXERCISED NOT LATER THAN OCTOBER 1, 1980), THE SUM OF ONE HUNDRED THOUSAND DOLLARS ($100,000).

If, during home, the island on the house, on it is destroyed or on the sponsor's sole judgment, sold damaged as to make restoration impractical or if the present owner breaches its agreement to convey marketable title, the sponsor, Brown & Williamson Tobacco Corporation, retains the right to award in lieu of the improved island a sum equal to the prize to be paid by the sponsor for the improved island, and the payment of said sum shall fully satisfy the sponsor's obligations to the winner. Except as provided in Rule #7, no cash or any other substitution for the prize as offered will be allowed. Prize is not transferable prior to award. Liability for taxes is the sole responsibility of the winner.

To enter, hand-print your name, address and zip code on the Official Entry Blank or on a 3" x 5" plain piece of paper and mail to: RICH LIGHTS "Win This Island" Sweepstakes, P.O. Box CC, Chicago, Illinois 60677. Each entry must include either a proof-of-purchase of a package of RICH LIGHTS cigarettes (one closure seal) or the words "RICH LIGHTS Cigarettes" hand-printed on a separate 3" x 5" plain piece of paper. NO PURCHASE NECESSARY.

Enter as often as you like, but each entry must be mailed separately. Entries must be postmarked by July 15, 1980, and received by July 31, 1980. No postcards, metered mail or mechanically reproduced entries accepted.

Winner will be determined by random drawing from among all complying entries received prior to deadline by H. Olsen & Co., an independent judging organization whose decision is final. The odds of winning will be determined by the total number of your entries and the total number of entries received.

Winner will be notified by mail. To obtain name of winner, available after September 1, 1980, send a stamped, self-addressed envelope to: RICH LIGHTS Winners List, P.O. Box CC, Chicago, Illinois 60677.

Sweepstakes is open only to residents of the U.S.A., its territories or possessions who are 21 years of age or older, except employees of (a) Brown & Williamson Tobacco Corporation, its subsidiaries, affiliates or advertising/promotional agencies, or (b) H. Olsen & Co. Void wherever prohibited or restricted by law. All Federal, state and local laws and regulations apply. Proof of eligibility and age will be required. NO PURCHASE NECESSARY.

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Mail to: RICH LIGHTS "Win This Island" Sweepstakes
P.O. Box CC Chicago, Illinois 60677

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FREE PACK

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928

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The splash of genius

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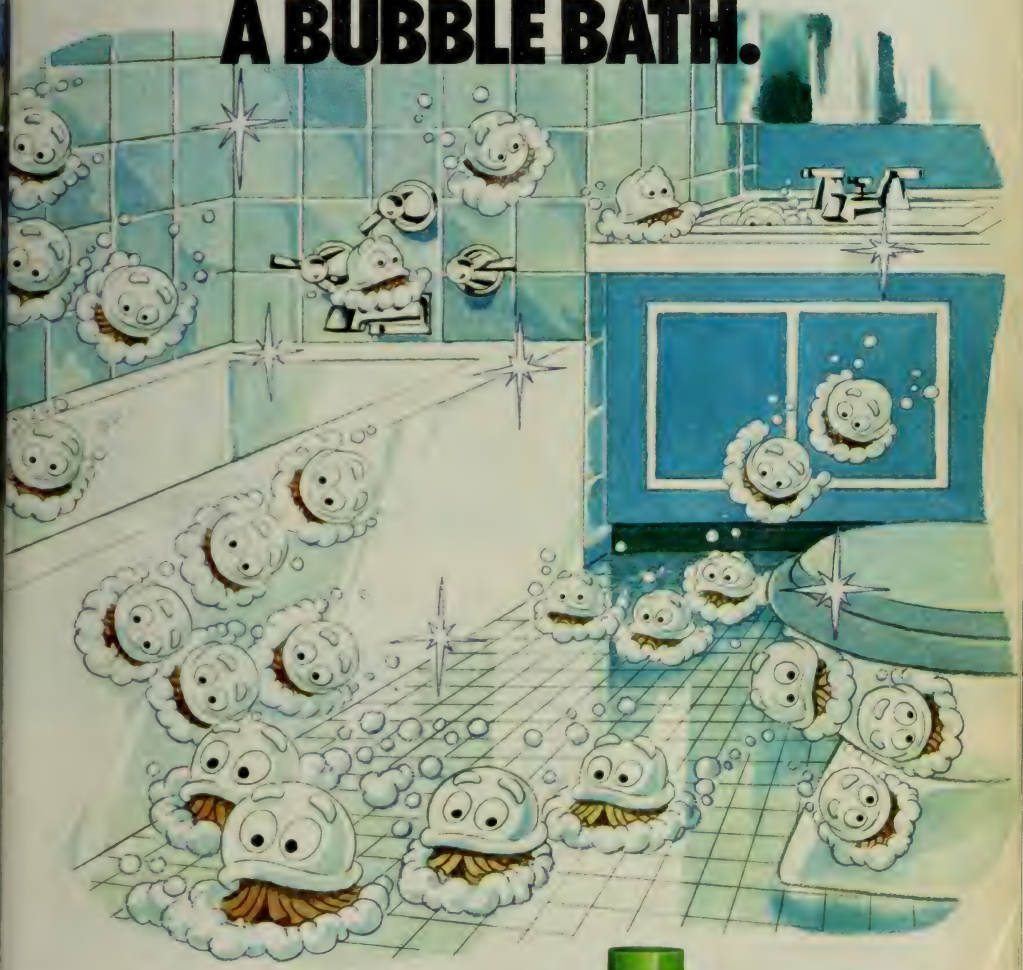
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The Bird siding on this house is 8 years old.



Eight years ago it would have cost the family who lives here $2125 to paint this house. Four years after that it would have cost $2720. And today, four years after that, it would cost $3910. That adds up to a total of $8805* over the last eight years just to keep this house from peeling. But instead, this family spent just $2890 on Bird solid vinyl siding. Now they're happy to know the siding's already paid for itself 3 times over. And they'll go on saving thousands for the next 32 years because their Bird siding is guaranteed for a total of 40 years.

Today more and more people are making the same decision this family did. It's the kind of dollar-stretching idea that really makes sense in times of inflation. (Have you had a painting estimate lately?) Besides being practical, Bird siding will make your home look great. And it will keep it that way year after year.

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If you like the looks of wood, then you'll definitely like Bird siding. Each panel is squared off on the bottom to look like wood clapboard. And we carry a particular style that's embossed with a rugged woodgrain texture. But unlike wood, our siding won't rot, peel, or blister, so it never needs painting.

It's paid for itself 3 times over.

BESIDES MONEY, BIRD SAVES YOU TROUBLE TOO.

Bird siding takes care of itself. There are no cracks to seal, or repairs to make. And to keep it looking fresh and clean, all you have to do is occasionally hose it down. Stubborn smudges are easily removed with a mild detergent.

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Vinyl siding is durable enough to stand up to harsh winds, rain, and snow, season after season. It will keep your home looking like new, year in year out. And should you ever decide to sell it, that means great resale value!

CHOOSE FROM AN ATTRACTIVE SELECTION OF COLORS AND STYLES.

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BIRD & SON
E. WALPOLE, MA

*These figures are based on estimates supplied by a reputable painting contractor who examined the house shown.

"You're sitting on a gold mine."

Homer Formby's guide for turning old furniture into gold. And keeping it that way.



The battered bureau. The sorry sideboard. The down-and-out desk.

Do you have any of these in your home? I'm sure you do.

Please don't give up on them. Please don't rush out to buy new furniture that's probably not made with one-tenth the craftsmanship of those old pieces.

I've developed a very special family of products to help you live with and cherish old and antique furniture. I've already shown thousands how easy it is to refinish, and how simple it is to maintain the finish on their furniture.

Don't redecorate. Refinish.

Remember Grandpa Martin's old roll-top desk? It's been abandoned in the attic, because the finish is all checked and discolored. My Furniture Refinisher can rescue that desk. I designed this product to work differently than paint removers and strippers. It eliminates the terrible chore of stripping, sanding and sealing. Because my product doesn't work by stripping. Heaven forbid! Stripping destroys your wood's patina—the rich glow that's created over time.



Pour some Refinisher into a metal tin. Then dip my steel wool Refinishing Pad and rub over a small portion of your piece. That's rub, not scrub. Instantly, you'll see the old, discolored varnish, shellac and lacquer melt away... revealing the original finish as beautiful as it looked years and years ago.

After refinishing, protect your piece. The best way is with a hand-rubbed finish—the traditional way that master craftsmen have always done it. But until recently, nothing existed to let the average person achieve this beautiful finish.

I developed my Tung Oil Finish so anyone can get a hand-rubbed finish. While ordinary varnish sits on top, my Tung Oil gets inside to bring out the inner beauty of your wood.

Protecting your investment.

A lot of people are convinced that caring for fine furniture involves too much time and effort. Absolutely not! To start with, never wax. You heard me right, never wax. Wax builds up, softening the finish, making things stick... even collecting dust.

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And just a few drops is all it takes. No hard rubbing or polishing is required.

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Give your house a room-to-room search.

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To find out which dealer near you carries my products, call toll-free **800-647-9352**. (In Mississippi, **800-222-8216**.) And also ask for a free copy of my new Furniture Fact Book.



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Look up your Andersen dealer in the Yellow Pages under "Windows."

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"But I use Tide because it does the best job on muddy dirt-biking dirt

"With motorcycle riding, and all the sliding, you don't just get surface dirt. The mud really gets groun in. I think it's extremely fortunate that Extra Action Tide can get it out. I've tried other detergents, bu I can see a difference. Tide does the best job."

Anita L. Carnahan

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Available in limited areas.

Margaret Daly

Life Insurance

PLANNING PROTECTION FOR A GROWING FAMILY

Young families are often caught between a rock and a hard place when buying life insurance: Typically, the need for financial protection is at its highest when the income they can afford to put into insurance is at its lowest. But the situation is improving. Policies today are more flexible than ever, both in payment schedules and coverage. By carefully choosing the policy or policies that best suit your family's needs and taking advantage of the options available, you may be able to trim prices significantly without sacrificing protection.

Who should be covered?

If possible, your family should carry insurance on anyone whose income or services would need to be replaced in a monetary way if the individual died. For families with two wage earners, that's often both partners. Insurance also may be wise for the woman who works at home, if her husband would have to hire someone to carry out her tasks, such as cooking, housework, and taking care of the children.

How much insurance do you need?

Ideally, you should be covered for the difference between the income you'd have if the insured person were to die and the money that would be needed for survivors to live on.

To predict income, take into account: (1) potential social security payments, (2) present group insurance coverage, (3) savings, stocks, bonds, mutual funds, etc.,(4) surviving spouse's income, (5) proceeds if you own a business, (6) an inheritance (be conservative here).

To figure needs, take stock of: (1) immediate needs (such as funeral costs and estate taxes), (2) large, outstanding debts, (3) college costs, (4) living expenses for survivors.



What kind of insurance?

Insurance policies come in two basic types: *Term* (also called *temporary*) lasts a limited time—usually one, five, ten, or 20 years—during which it provides pure protection in the form of a *death benefit* (the amount paid if the insured dies). While you're young, term gets you the highest benefit for your money. But, every time you buy a new policy, the yearly cost (the *premium*) goes up.

Whole or *straight life (permanent* or *cash value insurance)* has premiums that always stay the same—"level premiums." The younger you begin coverage, the lower those premiums will be. But costs in the younger years are far higher than for term insurance.

Whole life provides more than a death benefit: Part of your premium is put into *cash value,* money that builds up slowly at first, then grows at a more rapid rate until it eventually equals the policy's full value.

You can borrow against the cash value at relatively low rates of interest, or use it for loan collateral. Any outstanding loans, however, will be subtracted from death benefits. If you turn in your policy, you will get the money that has accumulated, but you forfeit the death benefit.

Which is best—term or whole life?

You may not be able to decide for all time whether term or whole life has the advantage. But you probably can, with reasonable certainty, determine which policies make more sense for you today. Analyze all the angles, but never lose sight of one principle: Your first consideration should be to get the death benefits your family would need.

- *Costs:* There's no doubt individual and group term give more protection—three to five times the death benefits—for the dollar than whole life while you're young. In later years, though, individual term prices begin to increase dramatically until they're higher than those of whole life. For example, if a man began a $50,000 policy at age 35, typical whole life premiums would always be $860. A typical five-year renewable policy would cost $146 at 35; $249 at 45; leap to $503 by 55; hit $1,100 by 65, and no cash value would build up over the years.

People who argue for term say you don't usually need protection past 65, so you can probably handle the premiums until then. Whole life proponents believe you need life insurance after 65, when term is unaffordable. A more balanced view is that each is appropriate for different needs: term for younger ages when finances are tight; whole life for older ages to provide for a surviving spouse, final expenses, and estate needs.

continued

Illustration: Advertising Art

continued

Life insurance

If you convert term to whole life, only you can decide the best time, but experts suggest the years between ages 35 and 45. This allows you to maintain protection at a reasonably low, level cost—especially important if you want insurance for life. If you plan to convert term policies at some time, look into the kinds of whole life policies the particular company will offer.

Whatever your decision about term and whole life, take time to compare costs on several policies from different companies before buying. Although some premiums are lower than others on a year-to-year basis, several factors can affect your costs over a period of time. One consideration, for example, might be whether or not the policy is a "participating" policy—one that usually rebates part of your premium in the form of "dividends." Among other factors influencing costs are the company's management of its investment funds and its overhead expenses.

When you are comparing whole life policies, ask about the "interest adjusted" method. That's a simplified way of comparing policies by creating an index to measure insurance costs to the policyholder over the long haul. The two basic elements used are: (1) the cash value that you would get if you were to cash in the policy—say, after 20 years; and (2) the amount your premium dollars could have earned during that time if invested in savings rather than insurance premiums. (A constant savings rate is presumed in order to keep the terms of comparison equal.)

There is some disagreement about whether the interest adjusted approach is the best way to compare, but at least it provides some guidelines. Your insurance agent can give you the index figures for any policy you're considering. (The lower the index number, the lower the interest adjusted cost.) But don't rely just on that kind of comparison. First and foremost, you want to buy the policy that will best suit your family's needs over the years.

Also look into discounts offered by several companies for better-than-average risks—nonsmokers, those in good health, etc. Savings in premium dollars for both term and whole life can range from a few percentage points up to a quarter off.

- *Savings:* Some people favor whole life because of the cash buildup. Others feel you should buy term and invest the difference between term and whole life premiums because you could make more money through other investments. But one fact that no one argues is that cash values should never be viewed as a way to get rich.

A strong point for whole life is the "forced" savings that you must pay into regularly to keep the policy in effect. Also, most people are reluctant to touch cash values, since a loan would lower death benefits.

Variations on the basics

To meet individual families' needs, life insurance companies produce many variations on term and/or whole life insurance. Some companies alter payments; others modify or combine types of protection for more flexibility. Below are examples of the variety of plans that might work for your family:

- *When you need to cover a big debt such as a mortgage: decreasing term.* Since a debt gets smaller every year, there's no reason to cover it in full for its entire life. With decreasing term, the cheapest individual term available, your protection goes down each year in accordance with your debt. Premiums remain level—but are lower to begin with than for regular term.
- *When you want whole life but can't handle the premiums yet: modified, graded, or graduated whole life.* These feature a variation on the payment schedule. Initial premiums are below those of an equivalent level-payment policy. After the third or fifth year, premiums rise to higher than normal and then remain level. (Cash values correspondingly build more slowly.)

Although a few policies graduate slowly over a long time, the ones that level earlier can have dramatic increases. If the cost is still too high, you'd have to drop the policy. A safer alternative is to buy term until you can afford whole life.

- *To protect against inflation: cost-of-living, or variable life.* A growing number of policies automatically adjust face value to stay in line with Consumer Price Index (CPI) increases. A policy is usually reviewed every one, three, or five years; if the CPI has gone up, death benefits and premiums are raised within certain limitations such as "no more than 20 percent over a period of three years." You can turn down an increase, but you may have to prove insurability for the next one.

Package plans

Companies also offer package plans designed for convenience—often with a small price break. With a *family plan,* whole life and a term policy are written on the husband, a smaller amount of level or decreasing term is taken out on the wife. Sometimes there also is minimal coverage for children. *Family income plans* combine decreasing term and whole life on the husband's life to provide income while the children are still growing, plus a lump sum settlement to the wife.

Adjustable life can change back and forth, at your request, between permanent and temporary, so it greatly simplifies the decision between buying term or whole life. And regardless of the type, cash values build.

For your individualized policy, two factors are plugged into a computer: how much you can pay and how much protection you need. Then the computer comes up with a policy. If you later cannot afford the premium, you can either maintain your coverage but shorten its time period, or—as with other insurance—lower your coverage. By increasing the premium later, you add to the time covered. You can increase face value with cost-of-living or guaranteed purchase options.

Dollar for dollar of coverage, you may pay more for the convenience and flexibility of adjustable life. Companies offering the policy point out that you may be able to save over the long run if you would otherwise have bought half a dozen policies at different stages.

Although other companies offer variations on the theme, the only companies offering adjustable life at this writing are The Banker's Life (Des Moines, Iowa), The Minnesota Mutual Life Insurance Co. (St. Paul, Minnesota), College Life Insurance Co. of America (Indianapolis, Indiana), and Combined Insurance Co. of America (Chicago, Illinois).

—Emily Freeman

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Dan Kaercher

A Report to Parents on

Minimum Competency Tests

To qualify for a high school diploma, your child may very well have to pass something called a minimum competency test, in addition to meeting the usual requirements of passing certain courses and attending school for a certain period of time. What's the point of such tests? Do they do what they are supposed to? Will your kids be able to pass them?

Already, 15 states require—or will require by 1982—high school students to pass a minimum competency test before graduation. In Florida, a court order (now being appealed) has delayed until 1982-1983 the state's right to deny a student a diploma for failure to pass the required competency test. The chief reasons for the hold order: inadequate notice given to students before the tests were administered, and inequities caused by racial segregation in the schools in former years.

In other states, local school districts are pushing the minimum competency test requirement. By the mid-1980s, the requirement may apply to half of all students in America. And in some of the states where passing minimum competency tests is not a requirement for graduation, the tests are being used to identify students who need remedial help.

What are the issues?

Minimum competency testing is largely a result of the public's demand

continued

Sample test questions: Could you pass?

Here are some representative examples of the kinds of questions that appear on various minimum competency tests.

Computation skills

1. According to the label, a gallon of paint will cover 400 square feet. How many gallons will be needed to paint a room with four walls, each of which is eight feet high and 12 feet long?

2. You need two dozen hamburger buns for a picnic. The local market sells a package of 8 buns for 80 cents or 12 for $1. How much would you save by buying the larger package?

3. If you borrow $24,000 for one year at 12.5-percent annual interest, how much money do you owe the bank at the end of 12 months?

4. The balance in your checking account is $87.24. You make a deposit of $53.67. A few days later you write checks for $31.33 and $5.92. What is your balance after completing these transactions?

Reading comprehension

5. Read this statement: "Women have as much right as men to be educated to their full potential." If a person expressed this view, which of the following ideas would he or she most likely believe? (There may be more than one correct answer.)

(a) A woman's place is in the home.
(b) Women should refuse to do any housework.
(c) Women should receive equal pay for equal work.
(d) Women should make all the important decisions.
(e) Women and men should share household tasks.
(f) It was a mistake to give women the right to vote.

Writing

6. There are certain steps to follow in changing a tire, frying an egg, tying a shoelace, cutting a pattern, developing film, and performing other such activities. Choose something you know how to do or make. Describe from the beginning the steps that you follow to make the object or do the activity. Try to make your directions as simple and clear as possible, so that someone who is not familiar with the process will be able to follow your directions.

Spelling and punctuation

7. Circle the letter beside any of the following words that are misspelled:

(a) struggle	**(f)** manufacture
(b) license	**(g)** reletive
(c) ruened	**(h)** flatt
(d) democrasy	**(i)** musle
(e) multiply	**(j)** streach

8. Read these sentences: "Fairview High schools soccar teem won its game yesterday against rivil Boulder high 5-3. High scorrer was Randy Peck who had to goals." List all the spelling and punctuation errors you are able to identify.

Citizenship

9. Read each of the following statements and decide whether that situation would generally be true in a democratic society:

(a) The President vetoes a bill passed by Congress.
____Yes ____No

(b) People are barred from all city council meetings.
____Yes ____No

(c) The President abolishes the Supreme Court.
____Yes ____No

(d) Only one candidate is allowed on the ballot.
____Yes ____No

(e) People organize to elect a person to represent them.
____Yes ____No

(f) The President fires the Senator from Iowa.
____Yes ____No

(g) Joe Smith is fined $10,000 for speeding.
____Yes ____No

Answers on page 37

continued

Minimum competency tests

that schools and students meet at least minimum performance standards. Many proponents think that minimum competency tests will reduce the incidence of functional illiteracy, so that fewer people will enter the mainstream of society without the skills needed to cope with daily life. Advocates also believe the tests will result in early identification of kids who need additional help in acquiring basic skills.

But don't expect more from minimum competency testing than it can possibly deliver, caution other observers. They warn that such programs will not upgrade the quality of education for most students. In fact, critics fear that minimum competency testing may actually tempt some teachers to teach—and some students to learn—only enough to pass the tests.

Some say the tests have led to an emphasis on rote learning at the expense of problem-solving skills. Critics also question the potential inequities of testing youngsters with language difficulties and physical or mental handicaps. Further, the competency testing requirements are seen by some as part of a larger controversy surrounding tests and test usage in general.

What's being tested?

Minimum competency tests are intended to determine whether or not a youngster has acquired enough proficiency in certain basic skills to cope with the adult world.

Some tests measure "school skills" of basic reading, writing, and computation. Others also measure such "life skills" as consumer awareness, health, conservation, family life, and sometimes citizenship (although determining the "right" answers to citizenship questions can be a controversial undertaking in our pluralistic society). In the math subject area, "school skills" would include the ability to add and subtract, while "life skills" would include being able to balance a checkbook and apply for a bank loan.

Minimum competency is usually defined as the *basic* level of ability an adult should have—which usually corresponds to the eighth or ninth grade achievement level. Don't taxpayers and parents have a right to expect graduates to be performing at the twelfth grade level, you ask? While high school graduates can range in performance ability from elementary to college level, it's estimated that a third of the students taking such a test would fail if standards were set at the twelfth grade level. Also, remember that the purpose is to measure *minimum* adult competencies—not twelfth grade achievement levels.

Who determines minimum competency levels?

Depending on where you live, the subjects tested and passing grades could be established by the state legislature, state board of education, or the local school board.

All minimum competency tests do share this: Each youngster tested must correctly answer a specified number of questions in order to pass. The standard is the same for fast, average, or slow learner groups. Each local district (or state) establishes its own standard. There may be wide variations from state to state or district to district.

How is curriculum affected?

Since it would be unfair—perhaps even illegal—to test students on skills that haven't been taught, adding minimum competency requirements can mean changing the school curriculum. New instruction in a variety of "life skills" is being injected into traditional subjects in some schools. For example, family budget planning may be explained in a math class.

What if the school's curriculum isn't geared to meeting the minimum competency requirements? Clearly, this can be unfair to the students who are required to pass the test.

To alleviate the problem, Merle McClung, who heads the Center of Law and Education of the Education Commission of the States in Denver, recommends a two-phase implementation. First, the school district would for a few years test students only on material that had been covered in their classes over the years. Later, after additional skills have been injected into

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Minimum competency tests

the curriculum, pupils can be tested on these skills as well.

Are the lower grades affected?

Although minimum competency testing has been focused at the high school level, the impact of the movement often permeates the school system. Testing frequently begins in the elementary grades or at the junior high level, so teachers can identify problems as early as possible and offer remedial assistance as needed.

Some states are even scheduled to require within a few years that students pass minimum competency tests for promotion at lower grades, usually sixth and eighth.

Such competency requirements reflect in part concerns about the "social promotion" concept that became widespread in U.S. public schools in the 1950s. (Social promotion refers to the practice of advancing a student to the next grade even if he or she has not mastered the skills taught in the lower grade.) Advocates of this concept hold that the psychological harm and added expense of failing a student outweigh the educational benefit of making him or her repeat a grade.

What are the pros and cons?

According to Ralph Turlington, Florida state commissioner of education, minimum competency testing is "the most effective thing we have ever done to improve education in Florida."

But Arthur Wise, senior social scientist for the Rand Corporation, says the testing is adopted because it looks like an easy solution to the problems of helping poor learners to learn and poor teachers to teach. In fact, Wise maintains, minimum competency testing does nothing to solve either problem.

These contrasting views of minimum competency testing illustrate the controversy raging within public school circles. The most vocal supporters of competency testing usually are elected policy makers like Turlington, a former state legislator and now chief elected state school officer.

The most articulate opponents, such as Wise, frequently are education research specialists. Caught in the middle of the debate between politicians and scholars are teachers, school administrators, parents, and students.

What do proponents say?

Supporters of the movement most often cite four advantages:

- Students who are required to pass minimum competency tests to qualify for a high school diploma take their schoolwork more seriously than students who aren't.
- The minimum competency movement does the greatest good for the students who need the most help—those who have trouble mastering basic skills.
- Such tests help restore public confidence in education by making citizens feel that certain minimum standards are being met in their public schools.
- Competency testing enhances the value of a high school diploma by guaranteeing that a recipient has at least minimum proficiency in certain skills.

What are the criticisms?

Opponents of minimum competency testing offer a variety of objections:

- Minimum competency testing is unnecessary because failure of students to learn basic skills is not the problem. Achievement test results indicate that the major shortcoming of students today is an inability to apply basic reading, writing, and computation skills to everyday problem solving. In short, the difficulty lies not in the basics, but in grasping complex ideas, analyzing diverse information, reasoning, and making inferences from what is read.
- Minimum competency testing limits the focus of instruction to basic skills. As a result, teachers are put in the position of teaching only for the tests, and minimums become maximums—passing the test becomes the focus of educators' and students' efforts. Also, achievement in the humanities and the arts, which is more difficult to measure in competency tests, may suffer.
- Linking minimum competency test results to the high school diploma will drive out those students who need school the most or will create two classes of students: those who are certified as competent and those who are branded incompetent.
- Testing can be unfair for students who may have had unequal educational opportunities; students who move from one school district or state to another with new or different requirements; and handicapped students and non-English-speaking students.
- Since minimum competency standards are set at a level at which only a few students fail, the test results are almost meaningless. Indeed, some critics feel it is impossible to establish uniform competency requirements that are relevant for the diverse adult roles that students taking the test will be expected to fill.

Does it work?

To date, there's little hard evidence that minimum competency testing programs are accomplishing their objectives. This is partly because the movement is relatively new, and partly because the education community lacks trained evaluators.

Robert Frahm, an investigative reporter, visited seven competency programs in as many states as a Ford Foundation fellow in educational journalism. On his return, he remarked, "When you ask educators if competency testing works, or doesn't work, hardly anyone has the answer." Even Denver's much-copied 17-year-old program is yet to be evaluated by the local business community, which triggered the program by complaining that high school students lacked basic skills.

A more positive view is offered by Florida's schools chief. After two years of testing, Turlington reports "dramatic increases in performance" and "a growing increase in student interest in school." Eleventh graders' math scores were up ten points from 1977 in the test administered in October, 1978, and five percent more students (97 percent) passed the communications section of the test in 1978 than in 1977. Says Turlington: "The gains made prove that students can achieve when spurred by the motivation of knowing that something is expected of them."

However, Frahm maintains that most competency testing evaluations currently available are subjective. Minimum competency testing makes a lot of people feel better about their schools. He believes that eventually

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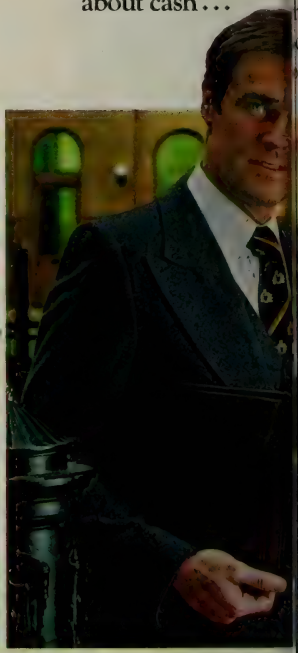


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Minimum competency tests

taxpayers will demand an accounting of competency testing programs, which include test development and administration, record keeping, remedial and tutorial services, curriculum modification, and staff training.

What can parents do?

If you live in a state that gives local school districts some options, there's a good chance you can influence the competency testing program at your child's school. Call or visit the school to find out what's being done or being planned. Ask these questions:

- Is minimum competency testing required for high school graduation?
- If so, at what grade level does testing begin, and how often are the tests given? Since minimum competency standards for high school graduation are usually set at the eighth or ninth grade achievement level, testing should begin then or even earlier. And students who fail to meet the standards should have frequent opportunities to be retested.
- What are the minimum standards and how were they determined? Are both school and life skills included? Are they limited to reading, writing, and computation, or are additional skills involved?
- Is testing limited to paper and pencil exercises or are other techniques used—such as oral examinations for reading comprehension and citizenship—to make sure comprehension is tested? Many educators contend that certain "life skills" (such as completing a tax form or following a recipe) can best be tested by actually having the student perform the procedure rather than answer questions about it.
- What provisions have been made to provide remedial or tutorial services for students who need them? Does remedial help begin at the elementary, junior high, or high school level?
- How successful have such remedial services proved to be, according to the results of student retesting?
- How are tests administered to the handicapped, to students with language problems, and to students with test phobias?
- Does the school actually teach the skills that are being tested? Failure to do so could result in legal challenges.
- How is the program evaluated? What is the initial failure rate, and how many students who fail the first time eventually pass the tests? Are employers and colleges that frequently receive local high school graduates being surveyed on the results?

What if the testing is state mandated?

Many local school districts have citizen advisory committees to help plan, monitor, and evaluate minimum competency testing programs. You may want to become involved by joining such a group. However, if you live in a state where a single test is given to all students statewide, your ability to influence minimum competency testing activities will be more limited. You can get information through your local school district or state department of education. But since policy decisions have been or are being made at the state level, you'll have to work through your state legislature.

Whatever your course of action as a parent, make sure you don't let minimums become maximums. In other words, don't let your child's education coast along after he or she passes the minimum competency tests while in the eighth, ninth, or tenth grade. Two to four years of schooling are still ahead; a lot of learning can and should take place in those years.

—John Chaffee, Jr.

ANSWERS (See quiz, page 27.)
1. Each wall has 96 square feet. Four walls have 384 square feet. Therefore, one gallon will do it. **2.** You can buy three packages of eight buns for $2.40, or two packages of 12 each for $2. By buying the larger packages, you can save 40 cents. **3.** $27,000. **4.** After making a deposit, you will have $140.91. The two checks total $37.25. The difference and thus your balance is $103.66. **5.** *(c)* and *(e)*. **6.** Must be graded individually. **7.** *(c)*, *(d)*, *(g)*, *(h)*, *(i)*, and *(j)*. **8.** School's soccer; team; rival; High,; scorer; Peck,; two **9.** *(a)* Yes *(b)* No *(c)* No *(d)* No *(e)* Yes *(f)* No *(g)* No.

COFFEE, COLA OR VIVARIN?

There are times when nothing beats a cup of good, hot coffee or an ice cold cola. They taste good, and give you the lift you want.

But if, as the day wears on, you sometimes find yourself having coffee or cola just for the lift, you really should know about Vivarin.

Vivarin is the gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee (or about six glasses of cola) squeezed into one easy to take tablet.

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Beauty that's more than skin deep.



Architect: Wendell Lovett, FAIA, Seattle, Washington

Olympic Oil Stain not only enhances the natural beauty of wood, it protects it, too. And keeps it protected for years to come!

Olympic *penetrates* wood with rich linseed oil and pigments to protect from within. Not all stains do. That's why when you follow label instructions, Olympic Oil Stain won't crack, peel or blister. No matter how cold or wet or how hot and dry the weather gets.

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Penetrates to protect wood beautifully.

Introducing

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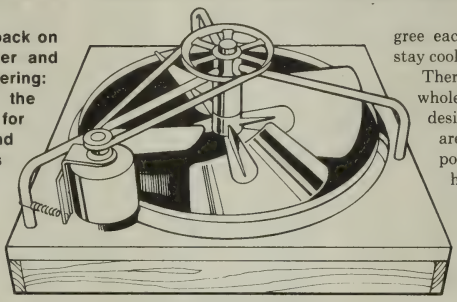
2 mg. "tar", 2 mg. nicotine av. per cigarette by FTC method.

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Whole-house fans: Low-cost Cooling

Here's how you can cut back on air conditioning this summer and save money without sweltering: Install a whole-house fan, the kind that has been known for years as the "attic" fan, and bring refreshing breezes into every room of your house.

A whole-house fan located in your attic would cool your house so effectively that you'd probably be able to keep your air conditioner turned off most of the time. And the costs of installation and operation of one of these fans is just a fraction of what you'd pay to buy and run a central air conditioning system.

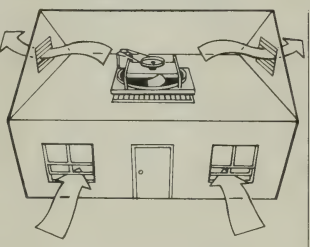


Installing a central air conditioner in an existing house can easily cost $2,000 to $3,000. The costs of a whole-house fan and installation by a professional, on the other hand, total only about $500. More important, a whole-house fan operates on one-tenth to one-sixth the electricity a central air conditioner needs. So you save expensive energy every time you use the fan instead of air conditioning.

Manufacturers of these units changed the name from attic fan to whole-house fan because the fans are, after all, designed to cool a whole house. However, the old name describes what has always been the best location for such a cooling system.

To install a whole-house fan, you simply cut a hole in the floor of your attic over a hallway and position the fan so that it will draw air up through the hole. You can cover the opening into the living area with louvers or shutters that are designed to open and close automatically as the fan is turned on and off.

If you don't want to cut a hole in your ceiling, you could locate a whole-house fan elsewhere—in a wall at ground level, perhaps, or even in a basement. But that would eliminate attic cooling, one of the fan's three chief purposes.



Three-way cooling from a whole-house fan

As the sun beats down all day on the roof of your house, the temperature inside your attic can exceed 130 degrees. This heat is gradually absorbed by the ceilings of rooms below. A whole-house fan in the attic pushes hot air out through vents and keeps the attic cool.

The fan also generates an adjustable flow of fresh air through the rest of the house. The immediate effect is a lowering of your skin temperature. There's also a long-term effect, which you can maximize with a simple daily routine.

Each evening as the outside temperature starts to fall, you open all your windows a few inches and turn on the fan. Cool air flows in and lowers the temperature of everything inside the house. This is called subcooling.

Each morning, you shut off the fan before the mercury starts to climb, close all the windows, and draw the drapes on the sunny sides of the house. The temperature inside a well-insulated house will rise only about one degree each hour, so your home might stay cool until evening.

There are times when use of a whole-house fan is ineffective or undesirable. If nighttime air in your area is very hot, subcooling isn't possible. If the temperature is high and the outside air is very humid, skin cooling from the fan is negligible. And if the air is polluted, you may want to keep it out of your house. In these situations, you can close the windows and switch on the air conditioner.

How to select a whole-house fan

The size of your house and the size of your attic ventilation system are factors to consider when shopping for a whole-house fan.

Fans are available with blade diameters of 24, 30, 36, and 42 inches; the capacity of each size is measured in cubic feet per minute (cfm). For optimal cooling, a fan should be able to replace all the air in your house about once a minute. You'll have to know the volume of your house to determine how large a fan you need. A 1,200-square-foot house with eight-foot ceilings has a total volume of 9,600 cubic feet and therefore needs a fan rated at 9,600 cfm or higher.

To avoid straining a fan's motor, no matter how big the fan is, you have to make sure that the air pushed around by the blades can get out of your attic freely. You should provide one square foot of vent area for each 750 cfm delivered by the fan. For example: 9,600 cfm divided by 750 equals about 13 square feet of exhaust area.

If the total area of your attic vents is more than enough for a small fan, you should consider buying a larger one. The blades of a large fan generally turn more slowly and more quietly than those of a smaller fan while providing greater cooling power. The retail price difference between a small fan and a larger one probably won't be great, and the operating costs will be just about the same.

Beauty that's more than skin deep.



Architect: Wendell Lovett, FAIA, Seattle, Washington

Olympic Oil Stain not only enhances the natural beauty of wood, it protects it, too. And keeps it protected for years to come!

Olympic *penetrates* wood with rich linseed oil and pigments to protect from within. Not all stains do. That's why when you follow label instructions, Olympic Oil Stain won't crack, peel or blister. No matter how cold or wet or how hot and dry the weather gets.

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NO LIGHTER FLUID.
NO LONG WAIT.
NO HASSLE.



Just pour in the **Match light**.

Match light lights instantly with just a match. And you never need to hassle with lighter fluid.

Match light stays lit so you don't need to worry about relighting.

Match light is ready about twice as fast as ordinary charcoal. So you can eat sooner. **Match light** is the no-hassle charcoal.



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The No-Hassle Charcoal From Kingsford.

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SOLAR CONVERSIONS THAT WORK

ADD A SOLAR GREENHOUSE

By David Haupert and CarolAnn Shindelar

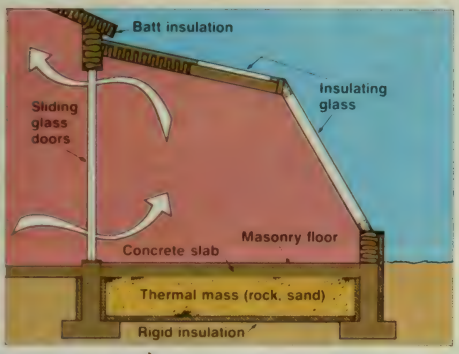
An alarming number of us are caught in a real bind: We're afraid we won't be able to pay our heat bills next year, yet we're simply not in a position—at least for the time being—to build or buy a home that we *can* afford to heat. For most of us, the only recourse has been to tighten up our homes and conserve energy by closing off unused rooms, setting back thermostats, etc. But for *some* families, there may be a sound new way to cope with the problem. *If* your house and lot qualify (as explained below), and *if* you can swing a home improvement loan, you can probably cut your heat costs considerably by adding a passive solar greenhouse.

How it works

Our article on passive solar heating in the August, 1979, issue explains the solar greenhouse—or sunspace—in some detail. Here's a summary. The greenhouse is added to the south side of the house. The south wall of the addition—and often part of the roof—are mostly glass; the floor is usually masonry. The sun's heat enters through the glass (usually double-glazed) and is stored mainly in the floor. Later, much of the heat is transferred into the rest of the house by radiation and convection.

The portion of your home's total heat load you can expect a solar sunspace to bear (see page **104**) depends on a long list of variables. The main ones are the tightness and size of your house, the size and storage capacity of your solar addition, and the climate where you live. It's not surprising to hear of solar greenhouses that supply anywhere from 10 to 50 percent of a home's heating needs.

What does such an addition cost? Again, prices depend on many variables, but a comfortable range is $4,000 to $12,000 for contractor-built projects.



Will a sunspace work on your house?

See how your house stacks up in relation to each of these factors.

- *Site.* You must have enough room on your lot for a south-of-the-house addition because the greenhouse should face south or up to 15 degrees east of—or west of—south. And, of course, any building you do would have to satisfy local codes.
- *Sun.* Most parts of the country have enough sunshine to make a solar addition worth the investment. Obstructions, however, can be a problem. For example, if you're on a north-south street, the house to the south of you may keep the sun from reaching your south wall. A row of tall evergreens can play the same spoiler's role. On the other hand, deciduous trees—unless their trunks are extra large—block winter sun only minimally.
- *Wind.* You'll need to minimize winds in the winter and maximize them in the summer. Evergreens, wing walls, and earth berms—if you have room for them—make good windbreaks.
- *Airflow.* Once heat is trapped in the greenhouse, you need to spread those BTUs throughout as much of the house as possible. That means you should develop unobstructed pathways for the convective currents—especially if your house has two levels. Heated air must be able to rise at the south side of the house, flow across the upper-level ceiling to an open staircase and/or the north wall, drop to the lower level, and return to the south side. This usually requires vents in floors and walls, and as few partitions as practical.

Want more information?

Turn the page and study the six examples we've collected for you. All six not only serve as mini-furnaces, but also add comfortable living space for plants and people alike.

Then, check the list of suggested reading on page **203**. And for even more details plus a list of passive solar designers, write: Greenhouse Information, Solar, P.O. Box 1607, Rockville, Maryland 20850.

Drawings: Blaser/Kimball Art Studio

LIVING ROOM ANNEX



Photographs: Feliciano. Designer: Charles Wing, Cornerstone Foundation

Maine winters are notoriously bitter, so you can imagine how happy the owners of this story-and-a-half Cape Cod were when they learned that the Northeast Solar Energy Center had chosen their home to demonstrate the effectiveness of passive solar retrofits. The Cornerstone Foundation, a school for owner-builders, designed the greenhouse and supervised its construction. Total cost for the project was an unusually low $3,600: $1,700 for material and $1,900 for labor. Return on this investment is an immediate 25-percent reduction in heating bills—plus pleasant new living space.





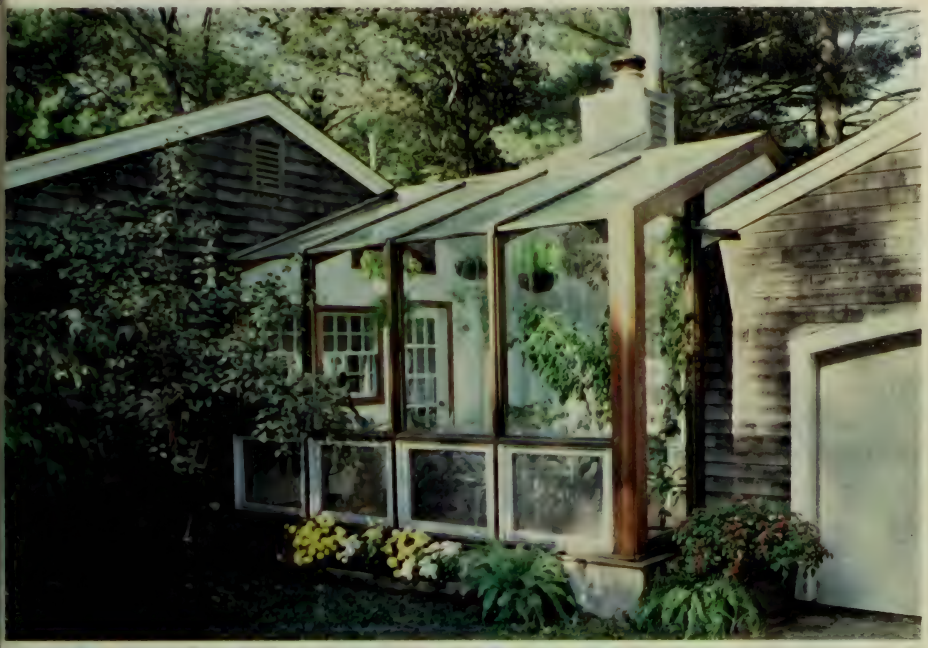
The 10x16-foot greenhouse *(right)* opens into the south end of the 1,200-square-foot home. To keep costs down, the designers used standard insulating patio-door glass in the south wall of the new sunspace. The units sell for about $2 to $2.50 per square foot, compared with $4 to $6 for custom-cut glass.

Yes, that's *carpet* on the floor *(top)*, not masonry. The designer explains that as long as the sun is shining, the sunspace totally heats the house, even on the coldest days of the year. There's no excess heat to store—it's used immediately.

Those bifold flaps hanging between the window sections *(above, right)* are custom-built insulating shutters that are closed at night and on cloudy days to stop most of the heat loss. (The shutters also block incoming sun during summer months.) Sliding glass doors opening into the living room and a fan in the bedroom wall (both out of camera range) move warm air throughout the six-room house.

Plans for the greenhouse and insulating shutters can be purchased from Cornerstone (address, page 203).

BREEZEWAY CONVERSION







When the owners of this colonial ranch house asked their architect to convert their breezeway to a family room, he designed a bright, cheery retreat that also heats itself and some of the other rooms. As the exterior photo *(top)* shows, the south-facing half of the roof and south wall are glass. (Those four windows along the bottom of the wall can be opened for cross ventilation; the sections above are fixed.) Conversely, the north wall is heavily insulated and windowless. Hidden in the back half of the chimney is a vent stack that can be opened in the summer to exhaust hot air that's in turn replaced by cooler air entering the operable windows in the south wall.

During the winter, the sun's heat is collected through the glass and stored in the floor, the three solid walls, and the vertical columns of water standing in the rear corner *(bottom left)*. Quarry tile over concrete (over rigid foam insulation) produces the thermal mass in the floor. The walls are one-inch drywall—twice the thickness (and, therefore, twice the mass) of most walls. Fiber-glass-reinforced polyester columns store many gallons of heat-absorbing water.

A key element of this particular system is the pair of louvered openings at the top of the end wall adjoining the kitchen. A thermostatically controlled fan draws heated air from the greenhouse into the openings and through two ducts—one leading to a register in the living room, the other feeding the hall in the bedroom wing. Cooler household air completes the convective loop by returning to the greenhouse via the kitchen door and windows. The wood-burning stove is a welcome heat booster—especially at night and on cold, cloudy days.

FAMILY ROOM GREENHOUSE

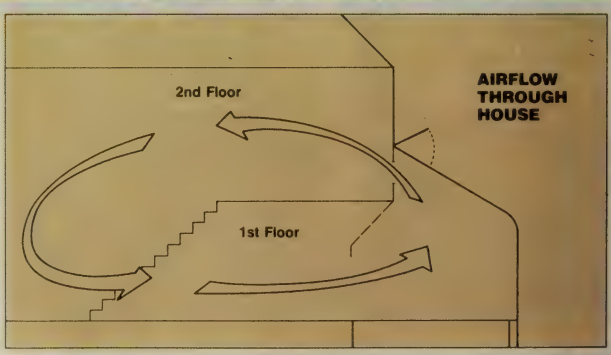




Photographs: Fred Lyon. Design: Sun Light and Power Co.—Solar Consultant: Gary Gerber, Architect: Ed Nold Field editor: Barbara Clement

The minute you step into this 16x24-foot family room you can tell it's got something special. This is where the family gathers for an evening at home, where the kids do homework, where guests have dinner and drinks—and where an important part of the home's heat system is located.

That important component is the greenhouse—it soaks up enough free sun to provide a significant portion of the heat needed for this house. Although the greenhouse appears to be attached to the second story, it's actually at the same level as the first floor because the house is on a very steep slope. The greenhouse has vents that lead to the second floor, however, and those vents are an important link in the convective air loop that flows through the house.



Warm air collects in the greenhouse, rises, and flows through the vents to the upstairs bedrooms. You can see the vents in the photo *(top left)*. The air travels across the second floor, moves down the stairs as it cools, and then flows back to the greenhouse where it's rewarmed and the cycle is repeated. Warm air also flows to the first floor via doors and the pass-through to the kitchen.

During the summer, members of the family take turns lowering the canvas shades to discourage sun from entering the greenhouse *(opposite)*. If the space still gets too warm, the roof vent opens automatically and releases collected heat. Opened windows around the room help create an updraft.

The greenhouse itself is a stock double-glazed unit framed with aluminum and supported by a steel substructure. The greenhouse rests on custom wood frame windows atop a short perimeter wall.



SUPER-EFFICIENT SOLARIUM



Photographs: Bill Hopkins. Interior design: Sandie E. Dain. Source: Weather Energy Systems, Inc.

The Paul Raymers loved everything about their rambling old Cape Cod home—except the heat bills. But heat bills aren't much of a problem anymore, thanks to this new 9x28-foot solarium. It collects enough warmth from the sun to provide 44 percent of the home's heat for free.

Both the house and the solarium are monitored by temperature sensors that automatically trigger warm airflow when it's needed. When the controller senses that heat is needed in the living spaces, it switches on a fan to bring heat in from the solarium. The controller adjusts the fan speed to maintain an even temperature in the house, and when the house is warm enough, the fan switches off.

A second fan may then be activated if there's still warmth in the solarium. This fan brings heat to a large basement storage bin filled with five tons of crushed rock which absorbs and stores the warmth. Later, when the sun goes down, another fan draws this reserve heat into the house.





The solarium is designed to gain as much solar heat as possible. The double-glazed windows rest on a 2x6 knee wall and are supported by a 2x6 frame. The glazing is sloped at a 60-degree angle which allows maximum sun penetration. The solarium itself has no thermal mass since all the heat that is gained is either used immediately or stored in the rock bed.

Black shades at the back of solarium contribute to solar gain, also. When they're lowered during the day they act as solar absorbers and can raise the temperature in the solarium to 115 degrees F. At night they just roll back in place.

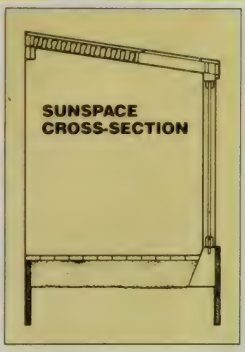
Plans for the solarium can be purchased from Weather Energy Systems, Inc. (address, page 203).

SUNSPACE ADDITION



Photographs: Fred Lyon Design: Lynn Nelson and Charles Peters; Title Harriet Lamar; Field editor: Barbara Lautman





It wasn't a sensible price, a compatible floor plan, or a good-looking exterior that attracted Frank Schiavo to this house—it was the home's potential for solar retrofitting. The blank south-facing back wall and flat grassy yard beyond were begging for a solar greenhouse. And within months after buying the house, Frank began planning his new sunspace.

Early in the project, the greenhouse was the site of a hands-on workshop for solar enthusiasts. The workshop participants installed the foundation, framing, and part of the enclosure for free. The donated labor kept the cost of the addition below $4,000.

The greenhouse is snugly attached to the back of the house and is nestled under the existing roof overhang. Sheets of flat greenhouse fiber glass nailed to the tops and bottoms of the rafters form the ceiling; the walls are 46x76-inch insulating glass panels in wood frames.

The greenhouse floor provides plenty of heat-retaining thermal mass. The floor is brick set tight without mortar over a base of more than a foot (about three tons) of coarse sand. Heat from the sun is trapped in the mass to be used later.

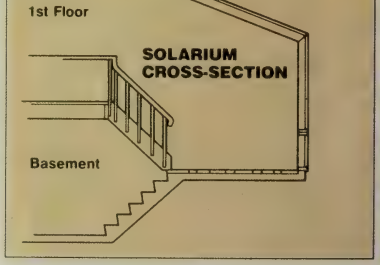
When enough heat is collected in the greenhouse, the heat is funneled through existing doors and windows into the rest of the house. In summer the doors and windows are closed, and the greenhouse is cooled by air flowing through the side doors of the greenhouse and out the roof vent. Even though the greenhouse wasn't completely finished last winter, Frank says it still made a big difference in his heat bill. His heating costs were 50 to 65 percent less than neighbors' with identical homes in the same tract development.

BETWEEN-LEVELS SOLARIUM



Photographs: Feliciano. Architect: Edward C. Collins II, AIA. Field editor: Estelle Bond Guralnick
Source: Northeast Solar Energy Center

One feature of this 14x16-foot solarium addition makes it substantially different from our other examples. The space that collects solar heat is not separated in any way from the house proper, so the solarium—or greenhouse—functions by direct gain. That means family members are in direct contact with both the collection and storage of the sun's heat. (Retrofits like this Massachusetts project would be more efficient if the owners could close off the solarium at night so it couldn't draw heat from the other living spaces. Covering the glass with insulation at night also is an extremely important requirement—particularly in northern states.)





This retrofit serves three purposes: It provides an ideal environment for plants, makes a comfortable split-level transition between a newly finished basement and the main level, and—most important—develops extra daytime heat for adjoining rooms. The free BTUs are stored in the native-stone sidewalls, foundation, and floor and in a small indoor pool *(top,* directly under the balcony railing.

The exterior photo helps demonstrate a very important point about heat gain. Most greenhouses will overheat in the summer if you don't take steps to block the infiltration of sunrays. In our example, a large oak tree provides protection. But if your lot isn't blessed with any of nature's marvelous shading devices, you'll have to install a manufactured version—usually a roll-down unit that fits either inside or outside the glass.

Whatever the size and style of your house, a solar greenhouse can be an attractive as well as practical addition. In fact, this retrofit—like most others—looks as if it came with the house.

Buying information, page 203



What you can do with a house like this

REVIVE A PENCIL-THIN BUNGALOW



By David Haupert

Just a few years ago, decrepit old houses like this one were shunned by home buyers. But today these narrow little urban bungalows are soaring in popularity due to runaway inflation, the energy crisis, and a critical shortage of land close to downtown.

Regardless of their condition, castoffs like this old has-been are being snapped up and renovated from coast to coast. Most of these remodelings face at least two hurdles: dilapidated interiors and narrow floor plans. Some of the projects are faithful restorations while others are major overhauls. Our example is a happy medium: a wholesale transformation inside, and an exterior update that changed only the front face.



Look at the plans below and imagine what it must have been like to live in the old version of this house. To get from the living room to the kitchen, you had to walk through *three* bedrooms. Moreover, there was no

BEFORE







Photographs: Marie Gomel. Architects: Wisania & Brown. Field editor: Bonnie Crone

dining room on the premises. And that bathroom in the corner of the kitchen wasn't an attractive feature either.

So the new owners had to develop an entirely new floor plan, working within a framework only ***15 feet wide***. Their most important step was to relocate the front entry; it's now on the side of the house and opens onto a central living/dining space. This switch both improved traffic flow and freed up the front of the house for a small bathroom addition (see exterior *above* and interior on *page 56*). The front facade has a completely new look, even though the owners retained the quaint porch roof and ornate brackets characteristic of early homes like this one.

Inside *(below)*, the living and dining areas share one large space that seems roomier than its 22x15 feet, thanks mostly to its height. The owners removed the ceiling, left the exposed joists in place, and finished off the underside of the roof. At the far end of the house, to the rear of the dining area, is the kitchen.

If you stand in the back of the kitchen *(below left)* and look toward the front of the house, you can see how open the new plan is. The kitchen is large (15x15) and easily accommodates a pantry and washer/dryer.

continued



AFTER



BUNGALOW

Tucked into the front end of the house is the new master bedroom suite. The owners chose this location for privacy; the public spaces—living, dining, kitchen—are open to the side and back yard (*see plans*).

The 15x17-foot master bedroom *(right)* features nine-foot-tall closet doors and two long clerestory windows that flood the room with daylight. Note that the owners chose a flat ceiling here to contrast with the cathedral shape in other parts of the house. The doorway at the right opens into the new bathroom addition—three steps down from the bedroom.

Two big skylights beam sunlight into the 6x15-foot bath *(below)*. This bright room fills the floor area formerly occupied by the front porch and is the only new living space added to the house. The shed-roof ceiling not only gives the room an interesting shape, but also streamlines the front exterior.







Just a reminder. We have 550 wallpaper patterns on sale now.

And that includes just about any type of design you'd like to see on this wall. All for 20% to 30% off regular price at Sherwin-Williams stores. But you'll have to hurry. Because this sale only lasts from April 15th to May 31st. After that, you could end up facing this kind of emptiness until we have our next one.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

CarolAnn Shindelar

A take-along picnic table

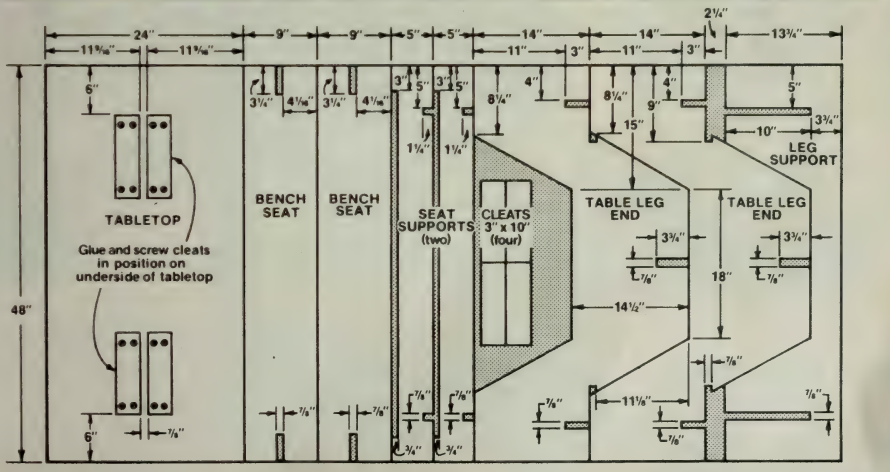
Photographs: Mike Dieter. Project design: Carole Laubach. Illustration: Blaser/Kimball

Do you love to picnic in the park but hate the hassle of getting there early to claim a good table? You won't have to worry about beating the crowd if you take your own table with you. You can carry this one anywhere you want, set it up in seconds, and then take it home again in the trunk of your car. And best of all, one sheet of plywood is all you need to make it.

Simply draw the diagram *(below)* on a 4x8-foot piece of ¾-inch plywood following the measurements given. Cut out each piece, lightly sand all sharp corners, and round off the bottom corners of the legs. Then tape the raw edges or fill them with glazing compound and finish the table with two coats of exterior house paint. Assemble the table as shown in the photos.







There's no place like home for a great dinner out!

You don't have to eat in a restaurant for good food and fun times. Stay home and barbecue. Gulf Lite and "one match" is all it takes to light your barbecue fire. Clean, fast-burning Gulf Lite adds no soot, no odor, no taste. So try this great new recipe—and don't forget to use Gulf Lite.

Cheese-stuffed Patties

Mix 1 lb. ground beef, ½ teaspoon salt and dash of pepper. Between sheets of waxed paper, roll out patties ¼ inch thick. Center half of patties with small amount of shredded American cheese and chopped onion and barbecue sauce. Top with remaining meat patties; press edges to seal. Grill over medium-hot coals about 7 minutes. Turn; grill 6 to 7 minutes more. Makes 3 burgers.



Barbecue with Gulf Lite—the "one match" charcoal starter.

A breakfast room/ deck addition

Once they'd decided to add a much-needed breakfast area, the Lindberg family went all out. They supplemented their small kitchen with this sunny eating area and sizable deck, and gave the kitchen a face-lift in the process. Now there's ample space indoors and outdoors for all kinds of informal meals—barbecues as well as breakfasts.



Photographs: Maris/Semel. Architect: C. John Baxter. Field editor: Ruth Reiter. Design: Nancy Lynn, Georgia Interiors





To keep the addition from looking like an afterthought, the Lindbergs followed the traditional lines of the house and carefully stained the addition's siding to blend in with the older weathered wood. Surrounding the addition is a deck that can accommodate many lawn chairs for cookout guests. The breakfast room measures 9½x14 feet—big enough for the whole family.

Since double-pane windows insulate the room effectively, the Lindbergs didn't have to hang drapes which would have blocked the view of the wooded lot. Operable casement windows and a ceiling fan circulate fresh air through the breakfast room.

A new peninsula was built in the kitchen to increase cabinet space. The butcher-block counter top extends beyond the rear of the cabinet to provide adequate knee room when stools are pulled up for a quick snack.

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"When we decided our living room needed help, I headed straight for my Ethan Allen Gallery. I knew the look I wanted, but I wasn't sure how to put it all together. So my first stop was my Ethan Allen Interior Designer. She suggested adding a matching loveseat for a more modular look, and a wall of light pine bookcases for interest. What a difference! A glass end table helped balance the room, and when I fell in love with that flowered side chair, my designer showed me how to set it off with matching drapes. When everything came together with their beautiful imported rug, it looked just the way I'd imagined. I knew I could depend on my Ethan Allen Gallery to give me the confidence I needed to bring my decorating ideas to life."



I love my new Parsons chair. It's well made, like all Ethan Allen furniture, so I know it'll look good for years.

Ethan Allen Galleries



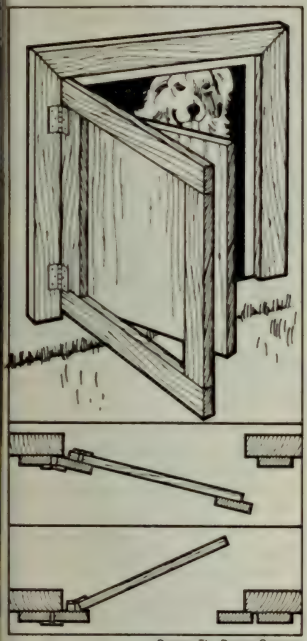
COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE YOUR WAY.

LOOK US UP IN THE YELLOW PAGES

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Two-way pet door

This easy-to-make door will give your dog access to the garage when bad weather hits. Or if Fido has his own house, a unit like this one will keep out wind and rain.



Design: The Design Concern

Cut the two doors from ¾-inch exterior-grade plywood and seal them—especially along the edges—with polyurethane varnish. Finish them off with a couple of coats of paint.

Screw a ¾-inch-thick hinging strip onto the inside of the larger door, as shown, and mount the smaller door onto the strip with two surface-mounted spring hinges. (This self-closing variety is sometimes used on screen doors.) Edge the opening with ¾-inch-thick pine casing, then use a second set of self-closing hinges to fasten the entire assembly to the front of the doghouse or over a framed-in opening you've cut into the garage wall. Add strips of weather stripping.

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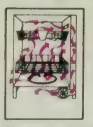
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3 LEVEL WASH

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White-Westinghouse packs sound-deadening insulation around the motor compartment, on the tub walls — even in the door—so your dishwasher whispers while it works.

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Pasta salads

Not only is pasta the mainstay of many Italian dishes, it also makes an interesting base for salad creations. We used small shell-shaped macaroni for the Overnight Pasta Salad, but regular elbow macaroni would serve as well. Our Spaghetti-Vegetable Toss, with its wine vinegar dressing, is a cool change-of-pace side dish. To make it a meal, serve with a meat/cheese platter.



OVERNIGHT PASTA SALAD

1 cup tiny shell macaroni (4 ounces)
2 cups shredded lettuce
2 hard-cooked eggs, sliced
1 cup fully cooked ham cut into julienne strips
1 cup frozen peas, thawed
½ cup shredded Swiss cheese
½ cup mayonnaise or salad dressing
¼ cup dairy sour cream
1 tablespoon chopped green onion
1 teaspoon prepared mustard
Dash bottled hot pepper sauce
Snipped parsley

Cook macaroni in boiling salted water according to package directions. Drain, rinse, and drain again. Cool. Place lettuce in bottom of a 2-quart casserole or soufflé dish. Sprinkle with *salt* and *pepper*. Top with macaroni. Sprinkle egg slices with *salt;* layer atop macaroni (stand egg slices on edge, if desired). Layer ham strips, thawed peas, and shredded cheese in order atop eggs. Combine the mayonnaise or salad dressing, sour cream, green onion, mustard, and hot pepper sauce. Spread over top of salad, sealing to edge of dish. Cover and refrigerate 24 hours or overnight. Sprinkle top with *paprika* and snipped parsley. Toss before serving. Makes 4 servings.



Photographs: Dieter

SPAGHETTI-VEGETABLE TOSS

6 ounces spaghetti

• • •

1 12-ounce can whole kernel corn with sweet peppers, drained
1 cup sliced zucchini, halved
1 tablespoon finely chopped onion
¼ cup salad oil
2 tablespoons white wine vinegar
2 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon seasoned salt
1 teaspoon dried basil, crushed
12 cherry tomatoes, halved
Lettuce cups

Break up the spaghetti into 2-inch lengths. Cook spaghetti in boiling salted water according to package directions. Drain, rinse, and drain again. Chill. In salad bowl combine chilled spaghetti with the drained corn and peppers, zucchini, and onion.

In a screw-top jar combine the salad oil, wine vinegar, lemon juice, sugar, seasoned salt, and basil. Cover and shake to mix. Pour dressing over pasta and vegetables; toss to coat well. Chill about 4 hours.

Just before serving add cherry tomato halves and toss again. Serve salad in lettuce cups. Makes 6 servings.

Buying information, page 203



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Build-it-yourself

Platform Bed

If you like the looks—but not the price—of a custom-made bed frame, consider this stylish, easy-to-build version. The sleek platform frame is made of plywood panels that are padded with foam and "upholstered" with inexpensive sheets; a recessed base supports the bed. To make your own customized bed frame, just follow these easy steps.



Photograph: Mike Dieter. Project design: Doug Frey

How to measure

The exact measurements of your platform bed frame will depend on the size mattress you choose, but here are some general guidelines:

The inside dimensions of the unpadded frame should be two inches larger than the dimensions of your mattress/box spring. For example, if your queen-size mattress measures 60 by 80 inches, the frame should be 62 inches wide and 82 inches long.

The height of the frame's side and end panels should be equal to the height of the box spring plus four inches. The extra inches are added so the box spring and bed slats will be concealed by the frame.

The height of the headboard is optional. Ours is 34 inches high.

The base should be approximately three inches high and recessed from the frame three to four inches. (See illustration "A," *below.*)



Illustration A

Drawings: Hellman Design Associates, Inc.

Building the frame

Once you've determined the exact measurements of your platform bed, you're ready to begin construction.

First, cut two side panels and one end panel from ¾-inch fir plywood. Next, cut four 2x4s to serve as bed slats. (The slats should fit snugly between the side panels as shown.)

To construct the headboard, you'll need two ¼-inch fir plywood sheets cut the width of the end panel and the height you choose, plus four 2x2s cut the height of the headboard.

Place a 2x2 at each end of one of the plywood sheets. Make sure the 2x2s are flush with the outside edges of the panel, then glue and nail the 2x2s to the plywood. Space the remaining 2x2s evenly between the end supports and glue and nail them in place.

Fill the spaces between the supports on the top and bottom edges with cut-to-fit 2x2 blocks; glue and nail them into place. Then, fit the second plywood sheet on top of the 2x2s; glue and nail to secure.

Building the base

After determining the measurements of the base, construct the rectangular structure by cutting 2x4s to size.

Join the 2x4s with corner blocks and wood screws. Paint the assembled base to match your carpet or upholstery fabric.

Padding the frame

The frame should be padded and upholstered *before* it is assembled.

Beginning with the end panel, cut one-inch-thick foam three inches wider and longer than the panel. Wrap the foam over the outside of the panel, making sure it is taut and smooth. Staple to the inside edge of the frame.

Following the same procedure, wrap a piece of polyester batting over the padded panel to smooth the surface and then staple it into place.

To pad the two side panels, repeat the above procedure.

Next, pad the headboard. Cut a piece of one-inch-thick foam two inches

continued on page 71

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begins on page 66

Platform bed

wider than the headboard and two inches longer than the combined measurements of the back, top, and front of the headboard. Stretch the foam from the bottom back to the bottom front; staple along the bottom edges. Butt the overlapping foam on the sides and glue it into place. Cover the headboard with polyester batting as you did with the side and end panels.

Upholstering the frame

Select a fabric to cover the padded frame. (We chose the same bed linens used to cover the mattress.)

To begin, cut a piece of fabric several inches longer and wider than the end panel. Stretch the fabric over the padded surface and staple to the inside of the end panel.

To conceal the staples and give each panel a professionally upholstered look, you might want to line the inside of the panels. To do this, cut a piece of fabric one inch shorter in length and width than the panel. Turn the edges under ½ inch and press with an iron. Then, hand-stitch the fabric in place along the inside edge.

Cover the two side panels of the frame by repeating the procedure.

To upholster the headboard, you'll need to fashion a "slipcover." First, cut two pieces of fabric one inch longer and wider than the headboard. (These pieces will cover the front and back of the headboard.) Next, cut a strip of fabric that is one inch wider than the thickness of the headboard and two inches longer than the combined measurements of the top and side edges of the headboard.

Pin the fabric strip, right sides together, to one fabric panel. Machine-stitch the strip ½ inch from the edge.

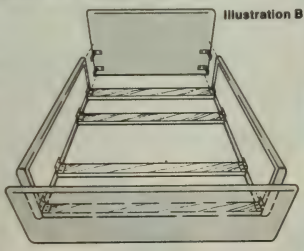
Repeat the procedure with the second fabric piece. Trim the seams, clip the corners, and turn the cover inside out. Slip the cover over the padded headboard and smooth the cover into place. Secure it by stapling the bottom edges to the headboard.

Assembling the bed

To assemble your platform bed, join the now-upholstered side and end panels with metal angles and wood screws as shown in illustration "B." Attach the side panels to the headboard in the same manner.

Place one bed slat at each end of the assembled frame as shown; attach the slats with metal clip angles and wood screws. Secure the remaining two bed slats to the side panels, spacing them evenly between the end slats.

Illustration B



Place the assembled frame on top of the painted wood base. Nail the bed slats to the base.

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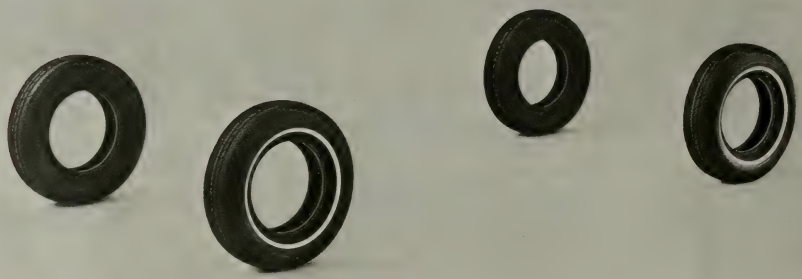
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MUSIC LESSONS at your age?

To that question, about 50 million adult amateur musicians would respond with a fortissimo "Yes!" No matter what your age or previous musical experience, you can learn to make music that you—and others—will enjoy.

Today more adults are taking music lessons than ever. Many teachers report they're instructing more adults than children, a surprising turnabout from several years ago.

Some adults are learning to play music to relieve the tension of high-pressure jobs. Others want to participate in their children's musical education. Still others hope to find a new creative outlet in their leisure time—or to renew a skill they've let slide.

If you'd like to join the growing ranks of adult music makers, your first order of business is to choose an instrument and a method of instruction. Here's how to go about it.

Set your personal goals

At the outset, decide whether you want to make music strictly on your own or in a group—in a band or chamber music ensemble, for example.

Some instruments, such as string bass and drums, almost demand that you become part of a group. An electronic organ equipped with stereo headphones, however, lets you play to your heart's content in solitude.

Don't set your goals *too* high—while adults can become competent musicians, few go on to concert careers. Adults are highly motivated pupils, but they often find the purely physical aspects of musicianship more difficult than youngsters do—fingers don't move quite as quickly and breath control isn't as easy. Still, teachers agree that what adults lack in technical ability, they make up for in dedication and understanding of the music.

How to choose an instrument

If you're undecided about what instrument to play, consider these factors: cost of the instrument, the physical requirements for playing it, and the availability of qualified teachers in your area.

• **Costs.** Generally, the more you pay, the better the instrument. Here are some representative prices for beginner instruments: brass (trumpet or trombone), $200-$300; guitar (not electric), $100-$400; flute, $250; clarinet, $250; saxophone, $300; violin, $375; harmonica, $8-$30; and piano, $1,000-$1,500. Much music is written for the recorder, a wind instrument that usually can be purchased for from $15 to $30 (wood models).

Most beginners don't need a top-of-the-line instrument. In fact, you may be better off initially to rent an instrument, buy a used one (after a thorough check by a skilled technician), or borrow a friend's.

For advice, talk with your teacher. He or she will help select the instrument that best matches your ability.

Most stores that sell instruments have repair services staffed by experts who can assess the condition of an old hand-me-down instrument or one you picked up at an estate auction.

Don't let the appearance of an instrument fool you. The sound and responsiveness of the instrument are infinitely more important than its appearance or the fact that some famous musician also uses that brand.

• **Physical requirements.** Match your physical assets and liabilities to the instrument you choose.

If you have dental problems, steer away from brass instruments or woodwinds that might put excessive pressure on lips or teeth. And if you're short of breath, any wind instrument is probably a poor choice.

Physical strength is another consideration. Could you lug a large instrument, such as a cello or tuba, on a bus or subway to lessons?

• **Availability of instructors.** Begin your search for a teacher at local music stores, school music departments, commercial music schools, a community college adult education division, the YMCA and YWCA, the local symphony orchestra, even the Yellow Pages under music instruction.

When you talk to a prospective teacher about lessons, make sure he or she *likes* to teach adults. A good teacher will motivate you by letting you play music you enjoy. At the same time, he or she will use that music to teach basic concepts and introduce you to various musical styles.

You might consider participating in group lessons. Such classes—offered by many commercial music schools, community colleges, and private teachers—let you make music with others who are at your learning level.

Most teachers feel weekly or biweekly lessons are necessary, although some are willing to rearrange lessons to give you sufficient practice time. Costs can vary considerably, but piano lessons, for example, usually range from $5 to $16 for a typical half-hour private lesson. An hour-long piano lesson in a group setting typically costs from $5 to $10.

continued

Drawing: Dudycha and Assoc

continued

Music lessons

What teaching methods are there?

Adults are usually taught in private lessons, group lessons, or a combination of the two.

If you have a youngster who is taking piano, violin, or cello lessons, you've probably heard about various "methods" of teaching music. (See "A Parent's Guide to Music Lessons," *Better Homes and Gardens*, September, 1977 for information about the Pace and Suzuki methods.) There are no such clearly defined methods for teaching adults, but you may benefit from some of the principles those methods employ—group instruction combined with private lessons, improvisation exercises, and programmed instructions in theory and harmony.

Can you teach yourself?

The answer to that question is a qualified "Yes."

If you had music lessons as a child, particularly on a keyboard instrument like the piano, you'll find learning to play another instrument easier than if you had no training whatsoever.

Some instruments, such as guitars and electronic organs, and some styles of music, such as jazz, are easier than others to learn by yourself.

Basic beginner texts for almost any instrument are available at music stores, along with programmed instruction books that even music teachers follow to teach their adult students theory.

But, just as a self-taught tennis player or golfer sometimes needs the impartial advice of a coach, so the self-taught music student needs occasional help from a teacher. If you find yourself stumped by a difficult passage, ask for help. The people at the store where you bought your instrument usually can suggest teachers to consult at just such times.

Avoid selecting an instruction book that purports to teach a "new" or "easier" method of reading music. You'll expend as much effort learning the so-called simplified music as you would learning standard musical notation. And, if you ever want to switch instruments or take formal lessons, you'll have to learn the standard notation anyway.

Practice, practice, practice

Many adults lost interest in music lessons as youngsters because their parents insisted on daily practice. As an adult, you call the tune about practice, but remember: The more you practice, the better you'll play.

Most adult music students find practice to be pleasurable rather than irksome. This is one area where the adult music student has the advantage over the child. An adult's longer attention span makes practicing easier, more productive, and more enjoyable.

Most teachers recommend a minimum practice time of half an hour a day; an hour is probably better. But it's not necessary to do all your practice in one sitting. Teachers often recommend several shorter periods which can easily be fitted in between other obligations.

continued



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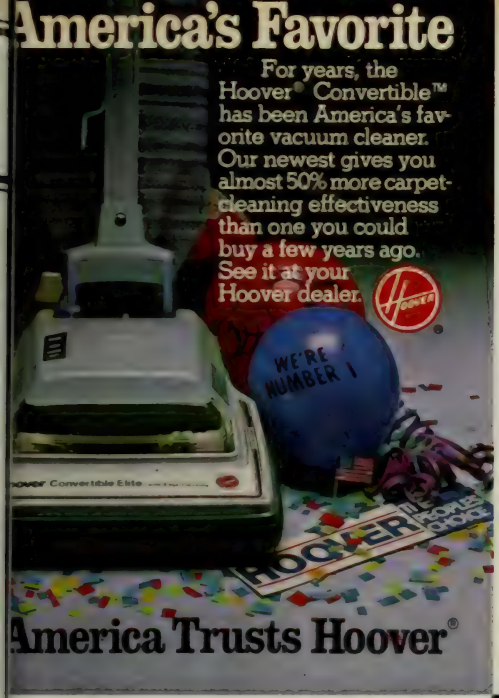
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tackle a new piece. After some time (a few weeks or months perhaps) you can return to the problem area, and chances are you'll find you're able to conquer it.

You can also take comfort in the knowledge that even concert artists have similar problems.

Almost every beginning adult musician shares with his or her fellow novices a common desire to play recognizable tunes right from the first lesson. Teachers who specialize in instructing adults recognize this and deliberately teach familiar—albeit greatly simplified—tunes from the start.

With some instruments, such as the electronic organ, making "real" music after the first lesson is relatively simple. With other instruments, however, more time is necessary to learn breath control, tone production, or fingering skills that are required before one can squeak out a recognizable tune.

For more information

For a copy of the *Directory of Nationally Certified Teachers*, write the Music Teachers National Association, Inc., 2113 Carew Tower, Cincinnati, OH 45202.

For a brochure about piano lessons for adults, *So You've Always Wanted to Play the Piano*, write the National Piano Foundation, 435 North Michigan Avenue, Chicago, IL 60611. Enclose a stamped, self-addressed business envelope.

For details about the Suzuki method, write Glenn Pannell, Executive Secretary, Suzuki Association of the Americas, 2023 Crooked Creek Lane, Arlington, TX 76011.

—Michael P. Scott

continued

Music lessons

Is vocal music for you?

If you don't want to invest in an instrument but still want to make music, consider the human voice. It's a wonderful and beautiful instrument that is always with you. And with vocal music, your only expenses will be sheet music and lessons.

Private vocal teachers for adults are not as easy to find as instrumental instructors, but begin your search with commercial music schools, local choral societies, school music departments, and church choirs. In addition, you may get help from local groups like the Sweet Adelines and barbershop quartets. Ask a prospective voice teacher if his or her students have an opportunity to sing in groups.

If you get discouraged . . .

All new musicians reach a point when they become suddenly aware of how little they've learned and how far there is to go.

When you get discouraged, a good teacher will help you by demonstrating that the music is indeed playable. And he or she will probably point out that learning music is like learning any new skill: Knowledge grows in a cycle of peaks and plateaus. When you reach a plateau, your teacher may suggest you put aside the music you're working on and

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FOOD

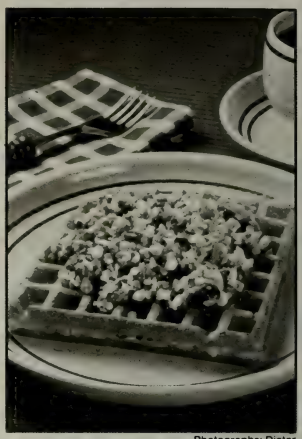
Special diets

Short-order diabetic breakfasts

If you have diabetes and you're on a tight schedule, fixing a nourishing breakfast may seem impossible. To simplify the job, we've cooked up two quick, balanced breakfast recipes plus a few short-order breakfast ideas expressly for diabetics on the go. Exchange values for the breakfast recipes are included after each recipe. Check exchange values for the ideas below in your food exchange lists.

- **Spread a toasted English muffin half with 2 tablespoons creamy or chunky peanut butter and slice ½ of a small banana atop.**
- **Dress up a waffle with ¼ cup low-fat cottage cheese and ½ cup sliced strawberries.**
- **Team half of a toasted bagel or 4 whole wheat snack crackers with 1 ounce of cheddar cheese and ⅓ cup apple cider.**





Photographs: Dieter

WAFFLE DANISH

Use a toaster oven to heat the waffle in a flash—

1 frozen waffle (5x½-inch square)
¼ cup low-fat cottage cheese
2 tablespoons chopped walnuts
1 tablespoon finely snipped pitted dates
¼ teaspoon vanilla
Dash ground cinnamon

Prepare waffle according to package directions. Meanwhile, in small bowl combine remaining ingredients; spread on waffle. Broil on baking sheet 3 to 4 inches from heat about 1½ minutes or till heated through. Makes 1 serving. (One serving equals 1 lean meat exchange, 1 bread exchange, 1 fruit exchange, and 2 fat exchanges.)

ORANGE FROSTY

Serve this with two graham cracker squares and add one bread exchange—

½ cup orange juice
¼ cup frozen egg substitute, thawed
3 tablespoons nonfat dry milk powder
Noncaloric sweetener to equal 4 teaspoons sugar
4 to 5 ice cubes

In blender container combine orange juice, egg substitute, dry milk, and noncaloric sweetener. Cover. With blender running, add ice cubes, one at a time, through hole in lid; blend till smooth. Serves 1. (One serving equals 1 medium-fat meat exchange, 1 fruit exchange, and ½ milk exchange.)

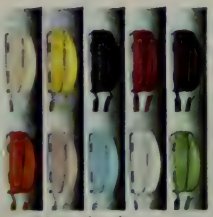
Buying information, page 203

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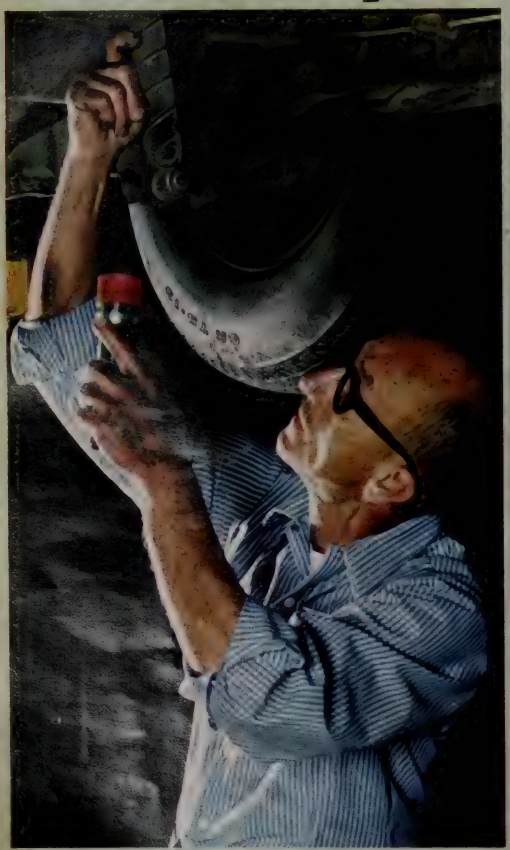
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MR. GOO

He has 4 ways to give your GM ca





If your car gives you a bouncing ride, if the body sways from side-to-side, or if the front end of your car dips excessively when you apply the brakes, you could need new shock absorbers. See Mr. Goodwrench. And ask for genuine GM replacement shocks—the kind designed especially for your General Motors car.

If you tow a boat or a trailer—or carry heavy loads in the back seat or the trunk of your car, you should ask Mr. Goodwrench to install a set of GM air shocks to help keep your car level. Or, if you do a lot of hard driving over rugged roads, you may prefer GM heavy-duty replacement shocks. They're designed for extra shock control and toughness.

WRENCH

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front-end alignment by Mr. Goodwrench
an reduce drag and save gas. It also reduces
re wear. Just see Mr. Goodwrench. He's the
rofessional service technician at more than
400 independent GM dealers participating
the Mr. Goodwrench program.



Traveling with a child? Give the comfort and security of a General Motors Love Seat. Designed by GM professional safety engineers, they're available for infants—and also for babies up to 40 pounds. So for a better ride for you—and for baby too—see Mr. Goodwrench.

EEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

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MC AND CHEVY TRUCK DEALERS.

Before you spend any money for a new wagon, see what Oldsmobile's had built for you.

These are two of our 1980 Cruisers, the mid-size Cutlass Cruiser Brougham on the left and the full-size Custom Cruiser on the right. If you're looking for a wagon that'll give you solid value and loads of utility, you're looking in the right direction.

These are Oldsmobiles. You know they're solidly built. The ride is tuned to give you a quiet smoothness you might not expect from a station wagon. Corrosion is combated with galvanized metals, plastisol, aluminum-impregnated wax under-coatings and a zinc-rich layer of primer. One slam of the doors will help tell you...Olds Wagons are built.

They're also very economical. They offer impressive mileage and range estimates. The EPA estimates below are for our available diesel V8.

These wagons also have Oldsmobile luxury through and through. Power steering, power brakes, automatic transmission and rich upholstery are but four of many standard features. And available options include nearly everything you would expect from a luxurious car. After all, these are the Oldsmobiles of station wagons.

See your Olds dealer. Compare price, mileage, engine choices, resale, luxury. Compare everything you want in a station wagon.

We think you'll be very satisfied with the station wagon Oldsmobile's had built for you.



Cutlass Cruiser Diesel

22	400	34	618
EPA Est. MPG	EPA Est. Range	Hwy. Est.	Hwy. Range

Custom Cruiser Diesel

21	462	31	682
EPA Est. MPG	EPA Est. Range	Hwy. Est.	Hwy. Range

GM

Remember: The boxed EPA estimates are for comparison to other cars. Your mileage and range depend on your speed, weather and trip length; your actual highway mileage and range will probably be less than the highway estimates. Driving range estimates are obtained by multiplying the EPA and highway estimates by the standard fuel tank capacity rating of 18.2 gallons for Cutlass Cruiser—22.0 for Custom Cruiser. DIESELS NOT CURRENTLY AVAILABLE IN CALIFORNIA. Oldsmobiles are equipped with GM-built engines produced by various divisions. See your dealer for details.

Oldsmobile

WE'VE HAD ONE BUILT FOR YOU.

Kim Garretson

The ABC's of changing a tire

Do all the drivers in your family know the proper technique?

If you have more than one family car, chances are each has a different type of tire-changing jack and different spots for positioning it. Could your spouse and driving-age children operate a jack and loosen the lug nuts to change a tire when there's no one around to help? When was the last time you checked the condition of the jack and spare and tested the tightness of the lug nuts? All the drivers in your family can benefit by learning the tire-changing steps and practicing the procedure just once. Here's how:

Preparations

Read the tire-changing section of the owner's manuals (or check trunk lids for the sticker with tire-changing tips). This will familiarize you with the jacking locations on each car and the operation of the different jacks. If the car has a deflated temporary spare, learn how to work the pressurized air canister that inflates the spare.

Readying the car

Check the car's trunk to make sure the standard tire-changing tools are in place and working; check the inflated pressure of the spare tires against the manufacturer's recommended limits (found in the owner's manual or on a sticker attached to a door post, door edge, or glove box wall).

You may wish to place an accessory kit in the trunk to ease the tire-changing chore. The kit can include a cross-shaft lug wrench for the best leverage (or a length of metal pipe, about 18 inches long, that will slip over the lug wrench supplied with the car); a small blanket to cushion knees; and a pair of thick fabric gloves to protect hands and knuckles. Also add a can of penetrating oil to help loosen frozen or rusty lug nuts, and flares and a high-powered flashlight with new batteries. (A "light-stick," a tubular device containing chemicals that produce a light when the tube is bent, can substitute for a flashlight; ask your hardware dealer about the product.) Place all of these items (except the cross-shaft lug wrench) in a canvas bag and store it in a convenient location in the trunk. If there's room, add a one-foot-square, ¾-inch-thick board for use as a jack base in case the car must be lifted from wet or snow-covered ground.



If the spare is too heavy to lift, brace it against the car to lower it.



If lug nuts are stubborn, try leg pressure on the cross-shaft wrench.



A screw-type jack is one of several types you should be familiar with.

Tire-changing steps

To change a tire, in practice or on the road, follow these steps:

First, loosen any anchoring devices for the spare tire and remove the spare. If you have trouble lifting the tire, try this procedure: Swivel the tire until it touches the front wall of the trunk; grasp the tire's top edge and stand the tire upright. Then continue to roll it out of the trunk and lower it to the ground, bracing it against the car (it's best to wear gloves for these steps).

Apply the car's parking brake and put an automatic transmission in park and a standard transmission in reverse. Then, using blocks or large rocks, brace the front and back of the wheel that is diagonally across from the tire you're changing.

Next, remove the wheel cover according to the instructions in the owner's manual (improper prying can damage the wheel cover). Then, try to loosen lug nuts two full turns with the cross-shaft lug wrench; use downward pressure with one leg *(see center photo)* if necessary, and apply penetrating oil on the stubborn nuts. (You may need to have a strong helper loosen all the lug nuts on the car, especially if they've never been loosened since leaving the factory or if a service station has installed the tires. The air wrenches used at these places often tighten the lug nuts too securely.)

Find the spots on the car's frame or bumper where the jack fits and place the jack in position. Then begin operating the jack to raise the car. (Stand to one side of the jack. If it were to slip, it would fly straight outward.) About midway in the jacking, stop and gently push on the car sideways. If it

continued

Photographs: William Hopkins



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Our concern for gardens is always growing.

continued

Changing a tire

sways precariously or if the base of the jack wobbles, lower the jack and reposition its base. Keep raising the car until the tire clears the ground by about one inch.

Next remove all the lug nuts from the tire. Again, stand or kneel out of the way of the tire in case it should fall off. Once the lug nuts are removed, lift or wiggle the tire off the car.

Roll the spare into place and lift it onto the car. If you have difficulty lifting the spare, place the center of the cross-shaft lug wrench under the tire so two of its arms form a V out from the tire. Then lift on these arms, placing blocks under them if necessary, until you can slip the tire onto the car. (Another method is to lift the tire just until a bolt hole in the upper rim of the tire fits over a lower lug. Then swing the tire upward until the other holes slip over the other lugs.) Once the tire is on the car, replace the lug nuts, starting them by hand, then tightening them with the lug wrench in a criss-cross sequence until each tightened nut makes the tire spin.

Push the jack's direction switch to "down" (some jacks simply crank one way for raising and the opposite way for lowering), lower the car to the ground, and remove the jack. Then tighten the lug nuts to a point where you (or any other driver in the family) can remove them but they're tight enough for safe driving.

Another tip: If you can't lift the spare tire (or a real flat) back into the trunk, spread the blanket from your accessory kit over the bottom cushion of the back seat and roll the tire into the rear seat area.

Spare underinflated?

Make sure all the drivers in your family know that an underinflated spare tire can be dangerous. The Tire Industry Safety Council warns that the inflation pressure should never be more than three pounds below the recommended level. After changing a flat tire, a driver should stop at the nearest service station to have the spare tire's inflation pressure checked.

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Kim Garretson

How to get the best buy on auto parts

With the average new car price creeping toward five figures, one strategy for cutting car costs is to simply keep your current car longer. That means you'll have to buy more auto parts than usual, and you'll have to sort out the best parts for your car from among scores of brands at sources ranging from the junkyard to the corner grocery. Here are some tips for savvy parts shopping.

Who makes parts?

Most new cars contain about 15,000 parts; the majority are designed, built, and supplied to auto makers by Original Equipment Manufacturers (OEMs), which can be independent companies or manufacturing branches of the auto maker. New car parts are made to rigid factory specifications and should perform effectively until normal wear or premature wear (caused by poor maintenance and/or abnormal operating conditions) creates the need for "replacement parts."

Most replacement parts are manufactured by two types of companies: (1) the OEMs that supply the auto makers, and (2) replacement parts manufacturers who do not make any original equipment components. In many instances, both groups market products under their own names as well as under private label brands for chain stores and other mass retail outlets. (See box at end of article).

A third type of manufacturer rebuilds parts. These "remanufacturers" secure used parts and disassemble, clean, paint, and recondition them for resale. Some of the most popular rebuilt parts are generators, starters, alternators, carburetors, water pumps, engines, and transmissions.

Prices vary widely among the three types of parts, and even among the same parts in different stores, because of the wide variety of parts sellers. Generally, OEM parts are slightly higher than their replacement counterparts. Rebuilts are the most economical, ranging from 30 to 50 percent cheaper than OEM parts. (For example, an OEM alternator costs about $60, while a rebuilt is about $30.)

What about warranties?

Auto parts manufacturers usually guarantee their products against "defects under normal usage." Rebuilts normally carry a 90-day warranty. OEM and replacement parts warranties are generally longer, ranging from 90 days to the life of the car, depending on the brand, grade, and type of part. A $35 replacement battery and $10 replacement shock absorber might carry two-year warranties, while a $50 OEM battery and $13 OEM shock absorber might carry life-of-the-car warranties.

Who sells parts?

In the past, only professional mechanics had access to the myriad parts necessary for all maintenance and repair services. Today, however, you can buy almost every part you might need from one or more of these sources:

- **Mass merchandisers** such as large department and discount stores usually offer the lowest prices on popular parts for general maintenance. The parts selection can include air and oil filters, spark plugs, points and condensers, fan belts, sealed beam headlights, windshield wipers, etc. Some mass merchandisers also may carry one or two choices of shock absorbers, batteries, and other major components that fit many makes and models of cars. These stores often sell OEM, replacement, and sometimes rebuilt parts, many of which are sold under the store's "house" brand name.

Mass merchandisers generally carry parts for only the most popular models and years. Also, they do not sell the more uncommon parts for major brake overhauls, complete exhaust system replacements, carburetor replacements, etc. And their sales personnel may lack sufficient expertise to help you select the correct parts for your car, your pocketbook, and the way you drive.

- **A new car dealership** is a good source if you can't find the parts at a mass merchandiser or you need some advice on which parts to buy. Dealers carry extensive inventories of OEM parts for their service departments. They also may be your only source for new body parts, power steering pumps, and other major components that are exclusive to your make and model of car. You'll pay premium prices for these low-volume parts, and you'll also pay higher prices for the more common parts the mass merchandiser carries.
- **Auto parts stores,** also called "jobber/retailers," cater to professional mechanics, but most also sell to consumers. In fact, many newer stores are primarily for consumers.

Most auto parts stores carry various brands of OEM, rebuilt, and replacement parts for many makes and models of cars, excluding the "dealer only" type of parts previously mentioned. Those affiliated with NAPA, American Parts, and other national parts distribution systems sell non-OEM replacement parts only, and are supplied by reputable manufacturers of rebuilt and replacement parts. You'll find these stores listed under "Auto Parts and Supplies" in the Yellow Pages.

Most salespeople in auto parts stores are experts who can offer you advice on which parts are best suited to your car and driving habits. If you ask, for example, how to smooth the ride in a car with a weakened suspension, an auto parts seller may recommend special heavy-duty shocks instead of standard units.

- **Mail-order catalogs** can be a good source for quality parts if your car doesn't need parts immediately. You'll find a wide range of parts for both foreign and domestic cars in the Sears, Roebuck, J. C. Penney, and Montgomery Ward auto parts catalogs available at order centers in their retail stores. These firms generally "guarantee satisfaction or your money back."

continued on page 92



"My Potscrubber® III dishwasher even cleans dishes that are stained and discolored with enchiladas.



Susan Echito

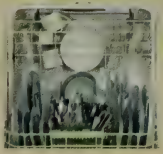
Susan Echito
Chino, CA

I can't tell you how impressed I am."



The Potscrubber III dishwasher cleans better and holds more dishes than any dishwasher General Electric has ever made.

It features the exclusive Multi-Orbit™ wash arm which combines the Power Shower on top, and the Power Tower in the middle, to give you a pattern-changing 3-level washing action for sparkling clean dishes, glasses, pots and pans.



The Potscrubber III dishwasher runs quietly, and it's the most economical to use in GE history. The Super Racks* hold more, to cut down on washes; the machine uses less hot water to save you money and it has a special energy-saver drying button to save you even more.

The Potscrubber III dishwasher. **It's the best dishwasher we've ever made.**

We bring good things to life.

GENERAL ELECTRIC

*on all Potscrubber III models except GSD000

Presenting 15-day-old lettuce.

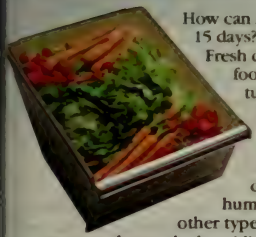


Presenting the new GE Food Saver that brought it to you.



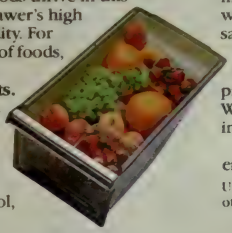
TBF-17ZA

It makes even hard-to-keep food easy to keep.



How can lettuce be this fresh after 15 days? Because our Moist 'n Fresh drawer doesn't just keep foods at the right temperature. It also keeps food at the right humidity. And leafy vegetables and other moisture-loving foods thrive in this drawer's high humidity. For other types of foods, you can change the humidity.

Presenting 15-day-old fruits. Grapes, strawberries, oranges and peaches keep their garden freshness better in the lower humidity of our Cool 'n Fresh drawer. It also has adjustable *temperature* control, so it can be converted for fresh meat storage.



Presenting 15-day-old meat and cheese. This sealed, high humidity drawer gives long life to *unwrapped* meats and cheeses, and uncovered snacks like pudding.

The Food Saver refrigerator is also a money saver. Because it keeps food fresh that normally may have gone to waste. And when you save food, you save money. (And you save the time and effort you spent shopping and preparing the food for your family!) We can't think of a better feature in a refrigerator.



Ask your GE dealer to present you the entire line of Food Saver refrigerators.

Unretouched photographs were taken of lettuce and other foods stored in refrigerator drawers after 15-day test

We bring good things to life.

GENERAL ELECTRIC



begins on page 88

Auto parts

● **Wrecking yards** or "automotive recyclers" are a good source for low-cost auto parts—batteries, tires, wheels, engines, trunk lids, hoods, bumpers, etc.—if you don't mind the environment of these auto graveyards. Typically, yard operators strip and salvage parts from wrecked cars, test or check mechanical parts and electrical components to make sure they're in good condition, and offer all salvaged parts for resale at 50 to 75 percent less than the new parts prices. For example, a new automatic transmission costs about $800, but a used transmission in good condition will cost only about $350 to $400. Many used parts dealers offer warranties, some for up to 100 days on mechanical and electrical parts.

If yours is an older car, recyclers may be your quickest and only source for parts. Many of the approximately 20,000 recyclers are connected via a telephone network that allows used parts dealers to almost instantly find parts they don't have from other recyclers in your city or state. Look in the Yellow Pages under "Automotive Wrecking" for dismantlers in your area; those affiliated with the Automotive Recyclers and Dismantlers of America (ARDA) most likely provide the services discussed above.

How to save on parts and service

Auto parts can vary greatly in price, so it pays to comparison shop. If you need a batch of basic replacement items, visit two or three mass retail outlets and add up all the prices before deciding where to buy; price differences for fan belts, headlights, windshield wipers, etc., can vary from pennies to more than one dollar for each part. If you need less common—but not "dealer only"—parts, get prices from several auto parts stores. The difference in price for items like brake parts, ball joints, exhaust pieces, and shock absorbers can run from three dollars to more than $20.

Call around; most auto parts salespeople will gladly quote prices over the phone and answer questions regarding parts warranties and the performance features of parts they sell. You can

continued

continued

usually get written estimates when you visit a parts store. You'll find that most auto parts stores will sell parts at prices 25 to 40 percent below the manufacturer's suggested list price. Salespeople will write down both their price and the list price so you can see the discount you're getting. Don't be misled into believing you're getting special treatment with these discounts; replacement parts rarely are sold at full list price.

What about parts for mechanics?

Most mechanics try to make a profit on parts they install, so it may be difficult to save money on parts at the service shop. Mechanics usually buy their parts from jobbers at prices below what jobbers charge you, then mark up these prices by varying amounts to make their profit. About all you can do is ask a mechanic to write individual parts prices on his quote, then compare these prices to what several jobbers would charge you. If you find the mechanic's quotes average 10 percent or more above the jobber's quotes, you can either take your business to another mechanic or ask for a lower quote.

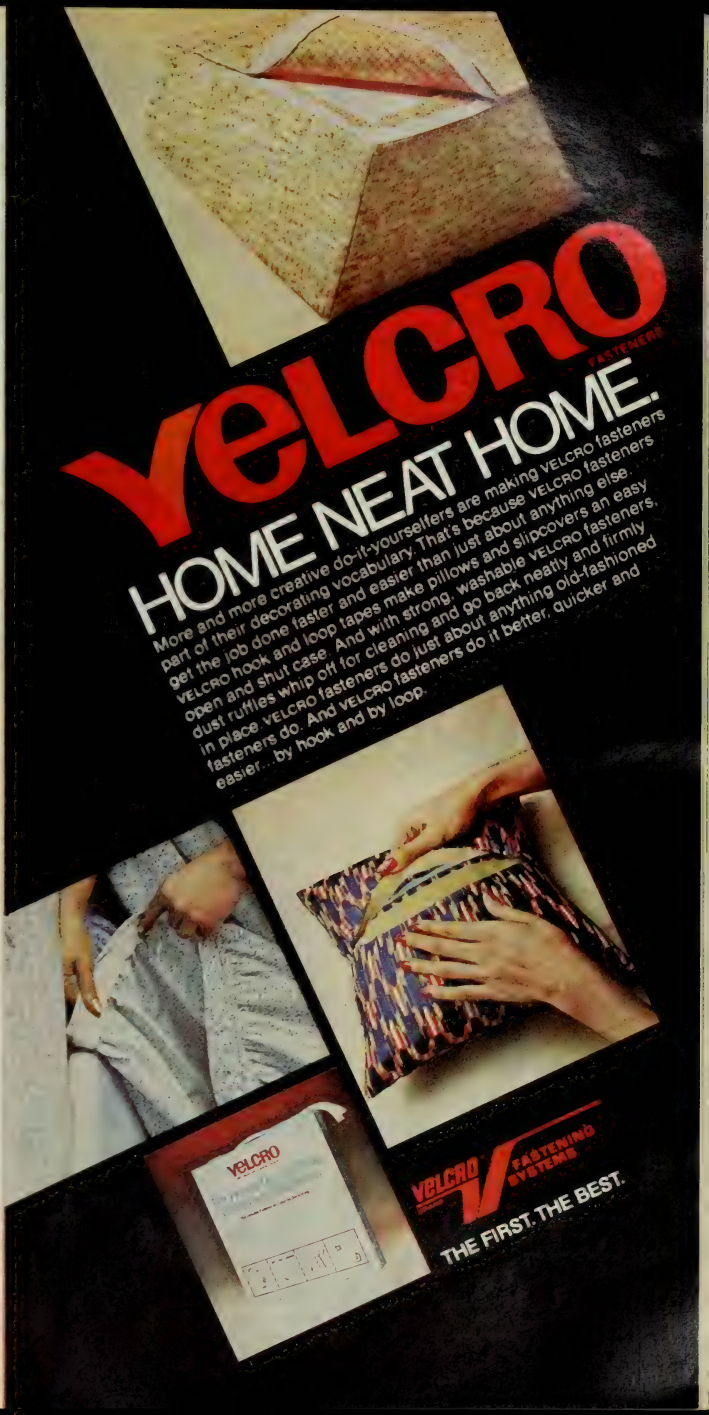
If a mechanic agrees to install parts you supply, make sure he doesn't increase the labor charge. Don't expect a mechanic to install anything but top-quality parts bought at auto parts stores or rebuilt carburetors, transmissions, etc., that carry guarantees. You may find the mechanic will withhold any guarantees he normally gives on his work.

How to pick the right parts

Many auto parts can be selected on sight. But sometimes you'll have to refer to a catalog or parts list (in the store) to find the exact part "number" that fits your car. At auto parts stores and dealerships, most parts are stored behind the counter. A salesperson will select the part you need by referring to a catalog for you.

Keep the following information in your wallet or pocketbook: the manufacturer's name; make and model of car; year it was made; piston displacement (cubic-inch designation); number of cylinders (4, 6, or 8); number of carburetor barrels; oil (crankcase) capacity; transmission type (automatic or manual), and air conditioning op-

continued



Best fuel economy of any mid-size wagon.



1980 Ford Fairmont.

Better MPG for 1980.

Fairmont wagon is the right idea for today. Its standard 2.3 liter, 4-cylinder engine has remarkable gas mileage for a wagon.

If you're like many wagon buyers and want a 6-cylinder engine, consider this. Fairmont's 6-cylinder has an excellent estimated MPG of 21. No 6-cylinder wagon sold in America—foreign or domestic—beats it.

23	EPA EST. MPG	**38**	EST. HWY. MPG
322	EST. RANGE	**532**	EST. HWY. RANGE

Compare this 4-cyl. est. mpg to other wagons, excluding diesels and other Ford Motor Company wagons. Your mpg and range may differ, depending on speed, distance and weather. Actual hwy. mpg and range will probably be less than estimates. Calif. mpg lower. Range based on EPA mpg estimates and Fairmont's 14-gallon fuel tank.

No American-built mid-size has more cargo space.

Fairmont has been engineered for people, to be trim on the outside yet remarkably spacious inside. It's an ideal combination for today's needs. Based on the EPA index, there is 43 cu. ft. of cargo space with the rear seat up and five-passenger seating.



For even more room, fold down the rear seat for 79.5 cu. ft. and almost 7 feet of cargo space. That's versatility.

A standard of wagon value.



You'll find Fairmont's low sticker price and standard features a pleasant surprise. Choose from a versatile base to the classic Squire Wagon. And be sure to ask your Ford Dealer about the optional Extended Service Plan.

THE RIGHT IDEA FOR TODAY.

FORD FAIRMONT

FORD DIVISION

continued

Auto parts

tion (if included). All of this data should be in your owner's manual. Refer to the "Vehicle Identification Number" and "Specifications" sections; the latter should also list types and brands of parts that are recommended for replacement.

Most parts carry their own identification numbers which can help you purchase the correct replacements. Here's where to find identification numbers on these common parts: headlights, on the glass portion at the base; spark plugs, on the porcelain portion; fan belts and hose clamps, on the outer circumference; battery, on the top next to the vent caps; air filter, on the top or underside of the outer ring.

Lastly, and where practical, take old parts with you when you shop for replacements; these used parts should help you or your salesperson find exactly what you need.

How to spot deceptive parts packaging

Don't pick an auto part off the shelf just because its package looks like that of a famous brand. A shoddy part is sometimes packaged in a box that is a close copy of the famous brand's package. Some industry sources estimate Americans spend about $4 billion annually, more than 10 percent of the total parts aftermarket, for these "gypsy" parts.

What are "gypsy" parts? They're copies of OEM or quality replacement parts that are misrepresented as the genuine, quality items they're imitating. Actually, they're made with cheap materials, second-rate labor, and sloppy techniques. Since gypsy parts are always cheaper—sometimes costing only half the regular price—they appear to be bargains.

The hitch is that they probably won't perform as well or last as long as the genuine parts, and they might not even fit correctly. Further, using the parts could jeopardize a new-car warranty claim because car makers specify that only genuine parts be used.

Be on guard for "gypsy" parts sold at service stations and auto parts retailers that cater directly to the public. Favorite targets of the "gypsy" parts suppliers are high-volume items such as point sets; condensers; distributor caps; rotors; generator regulators; filler caps; and gasoline, oil, and air filters.

Clues to look for

Study the packaging of a genuine part marketed by the manufacturer of your car. For example, General Motors cars use AC or Delco parts in a white package printed with red and blue ink. The package always displays a split circle, the top half of which is blue and the bottom half red. Mopar-brand parts for Chrysler products always come in a red, white, and blue package that features a five-pointed star and the word Mopar in a special curved type style. Authentic parts marketed by Ford carry the name "Motorcraft" and feature a small car with speed lines in black ink on an orange background. All of these genuine packages will have the car manufacturer's name and address printed on the back or bottom.

What the "gypsy" marketers attempt to do is duplicate the colors, designs, and even the registered trademarks of the well-known brands. The packages usually include the word "fits" or "replaces" in tiny letters near the counterfeited brand name. A manufacturer's name and address are not likely to be found on the package.

Remember that many reputable manufacturers make top-quality replacement parts to be sold under the private label brands of chain stores. These are not "gypsy" parts—nor are reputable replacement parts brands, such as Fram, Walker, and Gates. Only parts in packages that *imitate* famous genuine brands are "gypsy" parts.

If you find a suspicious parts package, ask the retailer for assurance that the part is genuine. Also get a receipt that lists the brand name and part number of the genuine part you want.



Fairmont wagon and the option that could pay for itself.

Mid-size wagon... giant-size protection.

Just ask your Ford Dealer.

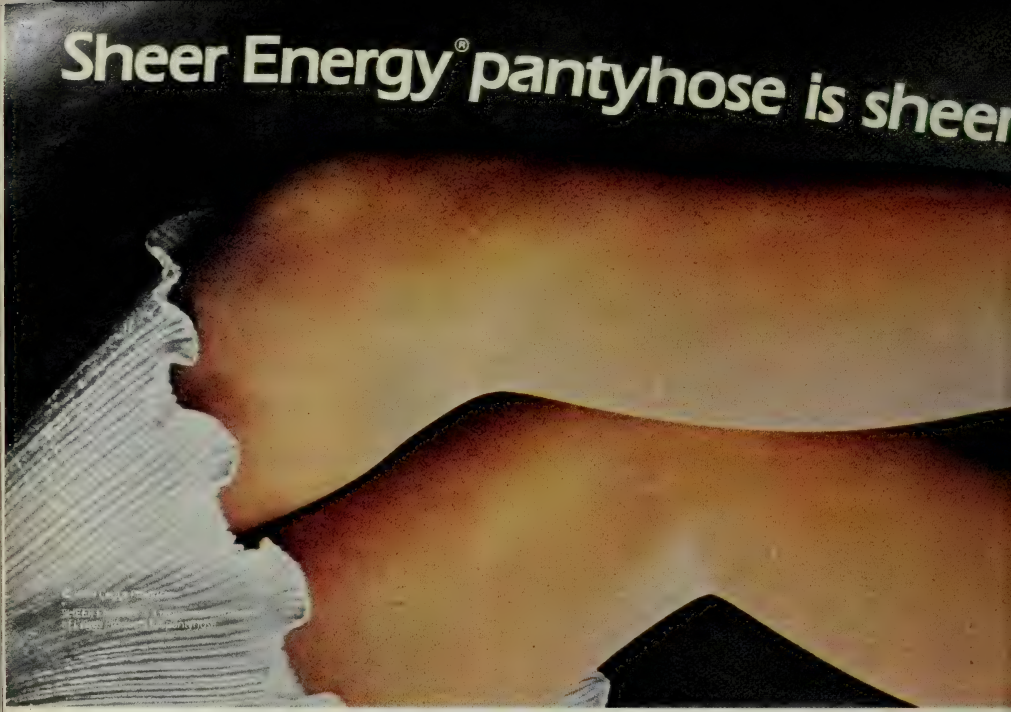
When you order your new Ford Fairmont wagon, be sure to consider the one option that could pay for itself. Ford Motor Company's Extended Service Plan. It's available to help protect you against rising service costs. And it's backed by Ford Motor Company and honored by participating Ford Dealers nationwide.

To learn more about what this plan covers and what it costs, see your Ford Dealer.

The option that could pay for itself.

Ford EXTENDED SERVICE PLAN

Sheer Energy® pantyhose is sheer



DECORATING

Stashed-away stereos

Integrating stereo equipment into a room setting can be a challenge, decoratively speaking. Where do you locate the components to play up the sound, and visually downplay the equipment? You might build the modules into a wall, set them in a cabinet, or place them on open shelves. Here are two examples of smart stereo storage.

In this living room, two cumbersome speakers are cleverly tucked away in a pair of customized cabinets. The handsome cabinets are extra efficient, since they double as end tables for the L-shaped modular sofa. To accommodate the speakers, the door panels were inset with chicken wire, then backed by shirred fabric hung on short curtain rods. The fabric panels let all the sound come through.

Design: Joseph Drohan, Interalia Associates, Inc.
Photographs: Maris Semel



all the way down to here.

Now you can have an All Day Massage™ and show your toes too, with Sheer Energy.

ALL SHEER
L'eggs SHEER ENERGY
PANTYHOSE

Here, a small slice of wasted hallway space was converted into a mini family entertainment center. The streamlined wall-hung cabinet, painted white to blend with the walls, was designed to hold a variety of equipment, with stand-up storage for record albums and drawer storage for cassette tapes.

Speakers are wired into the adjacent living room, where they are shelved in freestanding teak bookcases on either side of the doorway. Tucked in among the volumes, the speakers are up and out of the way of sound-interfering obstacles.

Design: Francoise Moros







Give your baby a better place to grow up in.

You care for it. You nourish it. Maybe you even talk to it. But you may be neglecting an essential part of your plant's development.

The key to success

You know that light and moisture are important factors in a plant's development. But did you know that the right pot can also be critical?

That's why Corning developed the Plant Helpers™ growing system of glass pots and saucers, scientifically designed to provide a healthier environment for your plants. In a university study, they actually produced greater plant growth than clay or plastic pots for many houseplants.

From roots to future generations

Plant Helpers products give your baby advantages other plants have to struggle without:

☐ The unique drainage system helps prevent overwatering.

☐ The nonporous tinted glass promotes healthier roots. It lets you water less often. It's also durable, easy to clean, even dishwasher safe!

☐ The glass dome creates a moisture-controlled environment for starting future generations of seedlings. It's available separately.

☐ Accessories like glass rooter marbles, a windowsill planter tray and macramé hangers make Plant Helpers everything you need for healthier, more beautiful plants. (And they're all attractively packaged for gift giving.)

Plant Helpers. Your baby deserves the best. CORNING





Plant Helpers™ by Corning

Back-to-nature walks and decks

If your home has a great natural setting, make the most of it. Design walks and decks that blend in and enhance the landscape both in front and in back of your house, as shown in this example.



Photographs: D. Randolph Foulds
Field editor: Esther Bond Glomstad

Originally, this contemporary house had the usual concrete walk. Now its rather cold, urban look is softened by the addition of varied textures. Cobblestones, railroad ties, fir decking, and a bench combine to create an entry court that utilizes the slope of the front yard.



Landscape architects: Bruce & Andrea Tyson, John Crowe Associates

Out back, a secluded sitting area was perched atop a little knoll to offer a bird's-eye view of the entire grounds. A double-duty bench/railing edges two sides of the asymmetrical, spider-web-design deck. It's raised on beams so air can circulate underneath to prevent rotting. The weather-resistant furniture can be left outside.

The entertainer of the year

CHAR-BROIL®



Sizzle up terrific flavor and great outdoor fun with Char-Broil, your year-round family entertainment center! Whether you prefer the convenience of gas or the fun of charcoal, Char-Broiling promises new dimensions of pleasure in outdoor cooking... and there's a Char-Broil grill for every size family!

Each Char-Broil grill offers beautiful styling, rugged design and outstanding value. Whether it's hot dogs or prime rib... don't just grill...CHAR-BROIL. It's just what the "outdoor chef" ordered!

Char-Broil grills are available at leading stores, nationwide. *For the dealer nearest you, call toll free, 1-800-241-7548 (Georgia residents call, 404-324-2461).*

Established in 1853 in Columbus, Georgia, W.C. Bradley has become the world's largest manufacturer of grills. When you buy Char-Broil, you're buying American integrity, quality and value!

SPECIAL OFFER!



Let us lend you a hand! Send for Char-Broil's own Barbeque Mitt with heavy duty quilt design and durable heat-resistant *Teflon* finish. *Plus* "The Best Of Char-Broiling," a unique collection of 30 flavor-tested barbeque recipes. Send $1 for postage and handling. Offer expires Aug. 31, 1980.

CHAR-BROIL® A product of W.C. Bradley

W.C. BRADLEY ENTERPRISES, Inc., Box 1240, Columbus, GA 31902

Margaret McMahon

idea NOTEBOOK

Classics in lighting

For several years, the fine designs of Robert Sonneman, an American pioneer in modern lighting, have been out of production. Now, happily, George Kovacs has reintroduced ten Sonneman classics. The chrome Super Orbiter (pictured) is also available as a wall unit which comes in all chrome, or white with a chrome arm. The floor model costs about $260; the wall version $130. For a brochure showing all Sonneman designs, write George Kovacs Lighting, 831 Madison Avenue, New York, NY 10021.

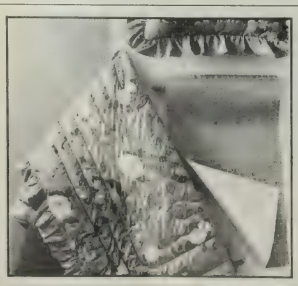


Sturdy carry-out furniture

Are you looking for affordable, practically indestructible chairs, tables, and storage units? You're apt to find them in the Carefree Livin' collection of casual furniture. The folding chair, mesh tables, wire shelves, rolling cart, stacking baskets, and other items that comprise this group are made of heavy-gauge steel with a chrome or baked epoxy painted finish in white, red, black, or camel. Each item is packed so you can carry it home, and those pieces that must be assembled are easy to put together. Prices are sensible. The folding chair shown here is $32, and a double basket unit is $29. If you can't find the line in your locality, write Carefree Livin', Inc., 15 East 26th Street, New York, NY 10010.

Iron-on decorating

If your sewing expertise is limited to buttons, you'll want to know about the new decorating aid from Stacey Fabrics. "Style-a-Shade" is an iron-on, fusible white backing that permanently bonds to fabrics making them stiff and strong. With "Style-A-Shade" you can create window shades and accessories to coordinate with your draperies or upholstery. "Style-A-Shade" is 36 inches wide, can be washed or dry cleaned, is wrinkle resistant and colorfast, and costs about $1.99 a yard.



Stick 'em up

For years fabric applied to the walls has been associated with an expensive "decorator" look. Now, with "Roomaker" adhesive-backed fabric from Seneca Textile and Comark (makers of Con-Tact adhesive vinyls), anyone can afford fabric-covered walls. Several manufacturers, including Croscill and Cameo, are offering "Roomaker" fabrics to match bed coverings in their line. Shown is Cameo's "Porcelaine" coordinated bedroom group which includes a dust ruffle, comforlet, ruffled pillow sham, bedspread, and double ruffled curtains. "Roomaker" fabric is 22 inches wide and will retail for about $4 a yard. It's simple to install and can be repositioned during application.

continued

New Gaines Complete.™
DINNERS FOR DOGS

The biggest difference isn't in the pouch.



It's in the lower price.



Average national price based on a survey of the leading national brand.

New Gaines Complete™ costs less than the leading soft-moist... up to 30¢ on every box.

Yet your dog gets both tender pieces and chewy chunks with a meaty taste he'll love.

And he gets a carefully balanced blend of all the essential nutrients he needs to help him stay healthy and active.



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continued

idea NOTEBOOK

Camp finder

Before you decide on a camp for your child, you might like to look at the *1980 Parents Guide to Accredited Camps,* published by the American Camping Association. The ACA, a nonprofit organization of professionals in the camping industry, publishes the Guide annually in four convenient editions: Northeast, South, Midwest, and West. Camps that are listed must be members of the ACA, and many good camps in the U.S. are not members. However, the Guide can help you start your search for a suitable camp since rigorous standards must be met before accreditation, and membership does not guarantee listing. In order to be approved for the Guide, a camp must be examined every three years by an ACA standards team and approved in the following areas: health and safety, program, personnel, facilities and equipment. Basic information about each camp is also included in the Guide. The Guides may be ordered at $3.95 each from American Camping Association, Bradford Woods, Martinsville, IN 46151.

Quilting how-to

Whether you're an experienced quilter or just a novice starting on your first Pineapple design, you'll welcome *The Quilter's Coloring Book,* by Margit Echols. It illustrates 20 classic designs, among them such favorites as Log Cabin, Tulip, Morning Star, and Jack-in-the-Box. Each pattern is printed four times so you can crayon in several versions until you arrive at just the right combination of colors. In addition, full-size patterns and step-by-step sewing instructions are supplied for each design. You'll also find basic information about quilt making and caring for the finished quilt. The book is published by Thomas Y. Crowell, 521 Fifth Avenue, New York, NY 10017 and costs $7.95 in paperback.

New way to figure greenhouse heat

Predicting the amount of heat you can expect from a solar greenhouse addition is tricky, even for a technician. Most methods require a complete heat-loss analysis and an extensive hand-held-calculator program. As a result, even some of the pros prefer to make educated guesses. Fortunately, a greenhouse veteran devised a new system that's quick, easy, and reasonably accurate.

Bill Yanda, a builder of over 80 solar greenhouses, noticed that his greenhouses, and hundreds of others he examined, evidenced consistent patterns of heating characteristics. He compiled statistics on these patterns, sought the help of some top-notch solar scientists, and eventually designed a simple chart method that checks out well when compared to the very complicated systems. The heart of his method is a one-page chart that contains 43 items pertinent to solar greenhouse design. Some of these variables concern solar conditions, and others pertain to the relationship of the greenhouse to the house. Each item has a point value, and you simply total the points and multiply that figure by two other numbers representing climate and orientation. This three-minute process gives you the portion of the home heating needs that a solar addition would supply.

Yanda inserted this chart in the revised edition of his book (see *below).* In it, he takes you through actual examples, then shows how you can boost performance by taking a few optional measures such as installing movable window insulation and using the greenhouse as an air lock.

The chart and many other useful tips are in the newest edition of *The Food and Heat Producing Solar Greenhouse* by Bill Yanda and Rick Fisher. The book is available for $9 from John Muir Publications, Box 613, Santa Fe, NM 87501.



Create a family tree with Photo Decor.

You can make family gatherings the focal point of a home decorating project when you use photographic art. Find out from a professional photographer how easily old family photographs can be restored. Then combine those images with newer portraits in an arrangement everyone will want to be part of.

For more ideas on how to create a photographic family tree, pick up a copy of "Photo Decor—a Guide to the Enjoyment of Photographic Art," for $8.95 cover price from photo dealer's everywhere. Or order from Eastman Kodak Company, Dept. 454, Rochester, New York, 14650; include $1 for handling plus applicable taxes. Price is subject to change without notice.



Kodak

© Eastman Kodak Company, 1980

Exciting custom window treatments begin at home

A Sears Decorator Consultant can bring your ideas to life. In your own living room. No charge. No obligation.



Take advantage now of the range of services offered by the Custom Shop in the Drapery Department at Sears.

Free House Call and Estimate

Sears Custom Shop will arrange for a Decorator Consultant to visit your home. You'll get helpful suggestions on colors, ideas on treatments, and expert measurements for a custom fit. A wealth of decorating ideas—and a complete estimate—all at no charge or obligation.

Incredible Selection

Your choice of over 1,800 colors, textures and patterns of fabrics. Hundreds of different treatments are possible, including custom shutters, woven woods, vertical and horizontal blinds, custom quilted bedspreads and custom reupholstery.

Sears Quality Craftsmanship

Sears experts pay close attention to the details that make custom draperies special. Like blindstitched hems for a smoother appearance, and weighted bottoms for more graceful pleating.

Seamless Casement Innovation

Draping several windows? Or an entire wall of windows? Sears has the *completely seamless* drapery you need —in a fabric up to 9 feet high, and as wide as 100 feet. Extraordinary! No more mismatched patterns, no puckered seams. And the Acrilan® acrylic fabric helps resist moths, mildew and sun fading. Nine patterns and 35 colors (Delos pattern shown here).

Fit Your Budget

At Sears everyday low prices, custom window treatments may fit your budget easier than you think. And Sears convenient credit plans are always available.

Free Ideas Book

Visit your Sears Custom Shop in the Drapery Department or phone to arrange for your free house call. Along with a free estimate, your Sears Decorator Consultant will give you a free copy of Sears exciting new 68-page *Decorating Ideas* book. All without charge or obligation, of course. Call today.

Available in most larger Sears retail stores.

Sears

Where America shops for Value

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UPRIGHT ELEGANCE.

Like so many other people, you're no doubt aware that the La-Z-Boy® Chair Company builds some of the world's most downright comfortable reclining chairs. But chances are excellent that you're not aware of this: We build some of the world's most beautiful pieces of furniture as well. If that's the case, a visit to one of the thousands of La-Z-Boy dealers across the United States and Canada is certainly in order.

Once there, you'll discover an elegant array of shapes and styles, all of them bearing the name La-Z-Boy® A surprising choice of fabrics will also present itself: beautiful, durable fabrics that include Antron® nylon and Orlon,® the Beautiful Dependables from Du Pont.

It might also come as a surprise that some of the La-Z-Boy products you'll be inspecting won't be reclining chairs at all. That's because





DOWNRIGHT COMFORT.

a-Z-Boy also offers a full line of ersatile swivel rockers as well as the nly sleep sofas comfortable nough and durable enough to wear ne La-Z-Boy name, the La-Z-Sleeper® eep sofas. And be sure to ask your a-Z-Boy dealer to direct you to our evolutionary new Reclina-Way.™

In addition to tucking neatly near the wall, it's the smoothest, most innovative approach to total comfort since chairs began to move. We wager you'll agree in just one sitting.

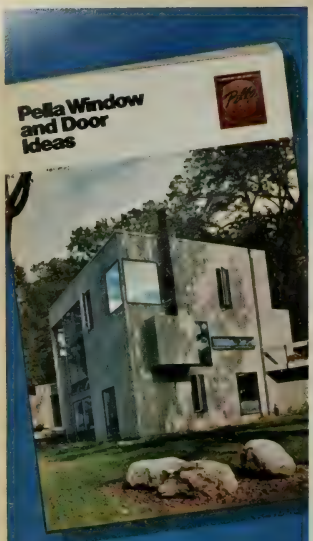
Downright beautiful thought, isn't it? A full line of furniture comfortable enough to merit the La-Z-Boy brand name yet elegant enough to become upright members of any room in your home. And every one of these beautiful products is built to support the legendary La-Z-Boy reputation for craftsmanship and dependability. When you think of it, that's the most beautiful thought of all.



Du Pont Antron® Nylon
A Beautiful Dependable

Comfort that fits your style.

LA-Z-BOY®
Chair Company



New Offer from Pella.

A free book filled with ideas and information about wood windows and doors

Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, plus information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for this free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas*. I plan to
☐ build ☐ remodel ☐ replace windows.

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Mail to: Pella Windows & Doors, Dept.COIE0, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours.



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Only Pella offers it all.

HE COOKS

Braciola Verdi





Photographs: Lyon; Dieter

Joseph Green of Mill Valley, California, developed his culinary expertise in high school. He started by preparing family meals with the guidance and encouragement of his mother and aunt, both excellent cooks. Now, as a remedial reading teacher and an amateur photographer, Joe finds cooking a favorite creative outlet. "My Italian specialty, Braciola Verdi (stuffed meat rolls), was born in my aunt's kitchen," Joe says. He added some of his own touches to the dish, then took it to a potluck, where it was an instant hit.

BRACIOLA VERDI

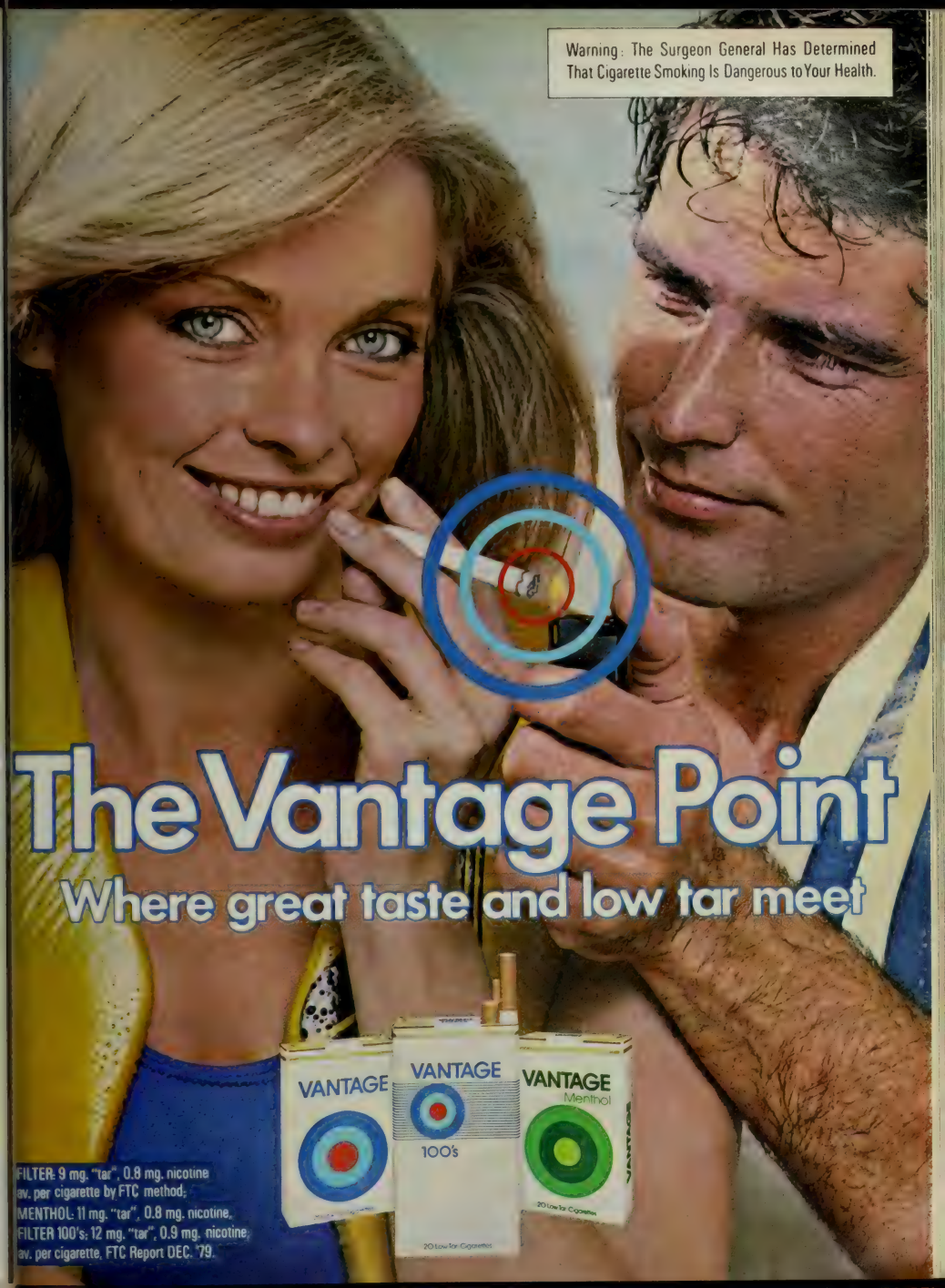
2 pounds beef round steak, cut ¼ inch thick
1 teaspoon dried basil, crushed
½ teaspoon ground nutmeg
½ teaspoon finely crushed dried bay leaf
4 ounces thinly sliced prosciutto
4 ounces thinly sliced provolone cheese
2 hard-cooked eggs, sliced
¼ cup grated Parmesan cheese
½ cup chopped onion
¼ cup chopped green pepper
1 tablespoon butter *or* margarine
1 tablespoon olive *or* cooking oil
1 cup beef broth
¼ cup Marsala wine
2 tablespoons brandy
1 tablespoon cornstarch
Hot cooked linguine

Cut round steak into 6 rectangular pieces; pound each piece flat with meat mallet. Mix basil, nutmeg, bay leaf, and ⅛ teaspoon *pepper;* sprinkle over meat. Layer a sixth of the prosciutto, provolone cheese, and egg slices over each piece of meat; sprinkle with Parmesan. Roll up; tie with string.

In a large skillet cook onion and green pepper in butter or margarine and olive oil till tender. Add meat rolls; brown on all sides. Add beef broth and wine. Cover and simmer 35 to 40 minutes. Add brandy and simmer 10 minutes more. Remove meat rolls to a platter and remove strings. Boil broth till reduced to 1¼ cups. Blend cornstarch and ¼ cup *cold water;* stir into hot mixture in skillet. Cook and stir till thickened and bubbly. Cook 1 minute more. Season to taste with *salt* and *pepper.* Serve sauce with meat rolls over linguine. Serves 6.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. And if yours is selected for the "He Cooks" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
The Vantage Point
Where great taste and low tar meet
VANTAGE
VANTAGE
100's
VANTAGE
Menthol
FILTER: 9 mg. "tar", 0.8 mg. nicotine
av. per cigarette by FTC method;
MENTHOL: 11 mg. "tar", 0.8 mg. nicotine,
FILTER 100's: 12 mg. "tar", 0.9 mg. nicotine,
av. per cigarette, FTC Report DEC. '79.



Bayer Aspirin...100% pure pain reliever. Nothing is added because nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer® Aspirin. Bayer Aspirin is not 80%...not 90%...it's 100% pure pain reliever. Bayer adds nothing because – even for a big headache – you don't need anything else. And rest assured, Bayer Aspirin has relieved millions of headaches with no stomach upset.





If you need more than Bayer Aspirin...see your doctor.

Read and follow label directions.

UPDATE

MENTAL HEALTH AND PHYSICAL HEALTH

A medical study has confirmed what many laymen have long suspected: Good mental health retards mid-life deterioration in physical health. The evidence comes from an ongoing study of a group originally totaling 204 men, begun when the subjects were sophomores at Harvard University between 1942 and 1944.

Reporting on the study in the *New England Journal of Medicine*, Harvard psychiatrist George Vaillant notes: "Of 59 men with the best mental health, assessed from the ages of 21 to 46 years, only two became chronically ill or died by the age of 53. Of the 48 men with the worst mental health from the age of 21 to 46, 18 became chronically ill or died."

The link between previous mental health and subsequent physical health remained true regardless of alcohol and tobacco use, weight, and life-span of the participants' ancestors.

The men had been selected on the basis of their good mental and physical health as college freshmen. Follow-up was done by annual or biennial questionnaires and occasional interviews.

On the basis of this study and previous work, Dr. Vaillant makes this surmise: "Stress does not kill us so much as ingenious adaptation to stress —call it good mental health or mature coping mechanisms—facilitates our survival."

PERKING UP TASTE AND SMELL

Because the ability to taste and smell diminishes with aging, older persons may lose interest in food, or compensate by overeating.

Susan Schiffman, a psychologist at Duke University, reports that the sense of smell begins to decline when people are in their thirties or forties; the sense of taste, a little later. Smell deteriorates more severely than taste and also affects the way things taste.

To enjoy food flavors as much as possible, Dr. Schiffman encourages older persons to chew food well and to alternate bites of different types of food—potato to meat to vegetable, for example. Eating food of different textures, she says, can partially compensate for diminished taste and smell.

Dr. Schiffman cautions persons with high blood pressure, who should restrict their sodium intake, not to use monosodium glutamate to augment flavor. Using MSG can add three times as much sodium to the diet as using common table salt.

DON'T TAN, DON'T BURN

A tan is "out" and natural skin color is "in." That's the message dermatologists would like to convey to the American public.

In response to the opening of more than 1,000 "instant-tan" centers around the U.S. in the past year, a group of leading photobiologists issued a warning that such tanning for cosmetic purposes is *not* safe. The warning was presented at a meeting of the American Academy of Dermatology.

Overexposure to sunlamps—as to the sun—can burn the skin and make it look dry, leathery, and sagging. Skin cancer is another risk. The ultraviolet radiation also can injure the eyes.

In most commercial "suntan salons," the client stands in a booth about the size of a shower stall, where all or part of the body is exposed to ultraviolet light. A few minutes of such exposure is equivalent to a much longer period outdoors in the sun.

Dermatologists say the tanning booths are particularly hazardous for:

- fair-skinned persons who do not tan at all or do not tan easily. (Such persons are likely to spend more time under the lights in search of a tan.)
- persons with diseases such as lupus erythematosus that make the skin more vulnerable to sunlight.
- persons using some cosmetics and some medications (including diuretics, certain antibiotics, and antidiabetic drugs).
- persons with a family history of skin problems, an allergy to sunlight, or a tendency to get cold sores.

Recently the Food and Drug Administration urged manufacturers of commercial tanning booths to install safeguards to protect users from radiation injuries and other hazards; the possibility of mandatory FDA safety requirements is being discussed.

MILD HIGH BLOOD PRESSURE? GET TREATMENT

Treatment of mild as well as severe high blood pressure can significantly reduce heart attacks and strokes.

This finding comes from a recently completed five-year study of 11,000 Americans. The conclusion resolves a longstanding medical controversy over whether treatment or simply periodic monitoring is most appropriate for persons with borderline readings.

Such persons—an estimated 25 million Americans—have blood pressure readings in the range between 140/90 and 160/95. An additional 35 million Americans have definite high blood pressure, indicated by readings of 160/95 or above. A blood pressure reading simply shows the beating (systolic) pressure and the between-beats or resting (diastolic) pressure. The stystolic number is written first.

Dr. Robert I. Levy, director of the National Heart, Lung, and Blood Institute, which sponsored the study, says "Systematic, effective treatment of mild high blood pressure may reduce premature deaths by 20 percent." The systematic approach does not necessarily require medication; often, weight control and such dietary measures as reducing salt intake can successfully lower elevated blood pressure.

Adds Dr. Levy: "To the millions of Americans who have high blood pressure, this study says: Get on treatment and stay on treatment. It will mean a much longer life."

DEPRESSION: LONG-TERM HELP NEEDED?

As many as four out of ten persons who experience severe episodes of depression do not fully recover. Instead, they continue to be troubled by negative emotions that can disrupt life at home and on the job.

The surprisingly high incidence of

continued



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continued

Health update

recurrent problems was brought to light in a four-year nationwide study sponsored by the National Institute of Mental Health (NIMH). The study will continue through 1981. "Persons subject to recurrent depressive illness might benefit from long-term medication or other therapy," suggests NIMH psychologist Robert Prien, director of the study.

"This group has been relatively neglected psychiatrically," Prien notes. "Yet we know that, if left untreated, most persons who have two or three serious episodes of depression will have more, occurring more often. The disorder tends to worsen with time."

The 500 patients enrolled in the study at five medical centers around the country are receiving lithium carbonate or imipramine, or combinations of both drugs, or a placebo. The drugs chosen offer promise for preventing or alleviating recurrences of depression, but have not been previously tested in a controlled study of so many patients.

Every year, some 8 to 15 million persons in the U.S. suffer a moderate or severe episode of depression. Of the 25,000 suicides in this country annually, four out of five can be attributed to depression.

ARTIFICIAL BLOOD NOW IN LIMITED USE

Artificial blood has been used successfully on several patients in the United States. Developed in Japan, the synthetic blood is made from inert substances known as fluorocarbons that are able to carry oxygen much as real blood does to sustain living tissues.

It's anticipated that the substance eventually will be used mainly in emergency situations, when enough of the patient's normal blood type may not be immediately available, or when patients refuse ordinary blood transfusions because of religious beliefs.

After a transfusion, the artificial blood is excreted from the body naturally over a period of about a week, giving the body's own bone marrow time to replenish the supply of normal blood.

The artificial blood is being scrutinized by the Food and Drug Administration for possible side effects. It must be emphasized that the need for blood donors is as great as ever. The widespread use of artificial blood is only a possibility, and one that may not be realized for years to come.

EXERCISE FOR NIGHT LEG CRAMPS

Sleep-disrupting leg cramps affect most people occasionally and some people night after night. Such cramps are unpredictable, and their cause is still unknown.

For relief, various sleeping postures and muscle-relaxing drugs sometimes are prescribed. Now Dr. Harry Daniell of Redding, California, proposes a do-it-yourself remedy involving stretching; it's much like a standard warm-up exercise for jogging.

Here's what you do: Stand with shoes off, facing a wall two to three feet away. Lean forward, using the hands and arms to regulate your forward tilt. Keep heels in contact with the floor, until a moderately intense, but not painful,

continued on page 116

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WHY A LOT OF HEALTH-MINDED ADULTS OUGHT TO JOG OVER TO AN ORTHODONTIST.

"The legs go first."

That's what the exercisers say.

But, not necessarily true. In many adults the mouth goes first. It "takes it" for years, but in the thirties and early forties it starts to give up. And give out.

And, it can happen to people who brush their teeth properly and have regular dental checkups. It can happen because they didn't see an orthodontist once — in a lifetime.

Too many people feel that because they ran through their teens without an orthodontic checkup, they've left that need far behind.

Unfortunately, that omission may have left them carrying an acceptable smile — but in a potentially bad mouth.

We, of the American Association of Orthodontists, are seeing more and more adult mouths with long-neglected problems. Problems that are causing trouble in later life.

More and more adults are, in fact, turning to orthodontic treatment. But, a lot that need help are letting their mouths go.

Usually a warning comes from your family dentist. He's seeing something you can't. But, if you suspect that your teeth are too crowded or too spaced, or are wearing abnormally, those are warnings in themselves.

We hope you'll respond before your mouth gives you a final warning. Perhaps with deteriorating gums, or loose teeth, or clicking in the jaw or pain.

There's nothing childish about an adult going to an orthodontist. A few years ago grown-ups probably thought they'd look silly jogging around their neighborhood. Good sense about good health overcame those concerns.

The same should go for your mouth's health.

After all, chances are you'll be smiling long after you stop running.

Our association is composed of those qualified men and women who have met the extended educational requirements mandatory for an orthodontic specialist. We'd like to help you better understand adult mouth health.

Just write: The American Association of Orthodontists, 460 N. Lindbergh Blvd., St. Louis, Mo. 63141.

WE SHAPE HEALTH, NOT JUST TEETH.

American Association of **Orthodontists**

In cooperation with The Canadian Association of Orthodontists



continued from page 112

Health update

pulling sensation develops in the calf muscles. Hold the stretching position for ten seconds, relax for five seconds, then do it again. Repeat the sequence three times a day until all night leg cramps are gone (you can generally expect relief within one week). Then continue as necessary to maintain relief.

SYNTHETIC FIBERS: NO BALDNESS CURE

Implantation of artificial "hairs" to conceal male baldness continues to be offered in cities nationwide, despite medical reports on the procedure's dangers.

The synthetic hairs of dyed fibers are sewn into the scalp; often clusters of fibers are anchored by a knot in the middle. Hundreds, even thousands of fibers may be stitched into place.

The procedure frequently is performed by persons other than physicians; it should not be confused with the medically sound practice of "punch-grafting" in which plugs of a patient's own hair are transplanted from denser areas to areas of lesser growth.

When the body rejects the foreign substances, as it almost invariably does, the scalp develops pustules or even huge boils and cysts. The fibers may be so deeply embedded that surgery is required to remove them; sometimes the knots are irretrievable and cause recurrent infections and systemic disorders. Victims often have extensive scarring that can be concealed only by a wig, reports New York dermatologist Marvin Lepaw, who has investigated the practice.

The Federal Trade Commission and the Food and Drug Administration are attempting to ban the foreign fiber implants. Meanwhile, contact your physician for advice on any baldness remedy you may be considering.

DRIVING SAFELY WITH KIDS

Each year, nearly 1,000 children aged four or younger are killed in auto accidents (happily, the number has declined somewhat in recent years). Most such tragedies could be prevented by the proper use of crash-tested car restraints for youngsters.

Children need devices designed especially for them. The seat belts and harnesses that are standard equipment in today's cars are not as suitable as special restraints for youngsters who weigh less than 40 pounds. However, a child buckled into a standard seat belt is much safer than one allowed to ride unrestrained. A child who is held in another passenger's arms has no protection in the event of a crash. Indeed, the child may be more vulnerable in this situation because the impact of the adult's body on the child can compound the effects of the collision.

Don't Risk your Child's Life is a booklet that offers brand-name comparisons of the safety and convenience of various child restraints. For a copy, send 35 cents and a stamped, self-addressed business envelope to: Physicians for Automotive Safety, Dept. G, Box 208, Rye,NY 10580.

ADOPTION HOPE FOR "SPECIAL NEEDS" KIDS

Barriers to the adoption of children who are now in foster care and are legally adoptable finally are being removed. Over 100,000 such children often still are awaiting adoption because they are handicapped, members of a minority race, or members of a sibling group that must be adopted together. Others need long-term medical care. Many are over 12 years old.

Today, 48 states and the District of Columbia offer adoption subsidies for children with special needs. (The exceptions are Wyoming and Hawaii.) These laws, which were passed only in recent years in many states, mean that the children still are eligible for financial aid after they are adopted. Such aid may cover medical care, tutoring, legal counsel, and other expenses.

The Child Welfare League of America is developing a national adoption information exchange to match children with prospective adoptive parents. Meanwhile, if you are interested in learning more about adopting, contact your city or state department of children's services. These offices often are listed under "human resources" or "social services" in the Yellow Pages.

—Lynne Lamberg

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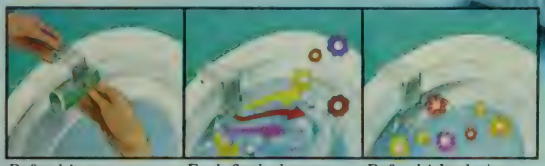
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S. C. Johnson & Son, Inc.

DECK DETAILS

Why settle for a plain deck again this summer? A few deft touches can set your deck apart from others on the block. Here are two good tricks to consider.



Photograph: Ernest Braun. Design: Herman Weiss. Field editor: Barbara Cathcart

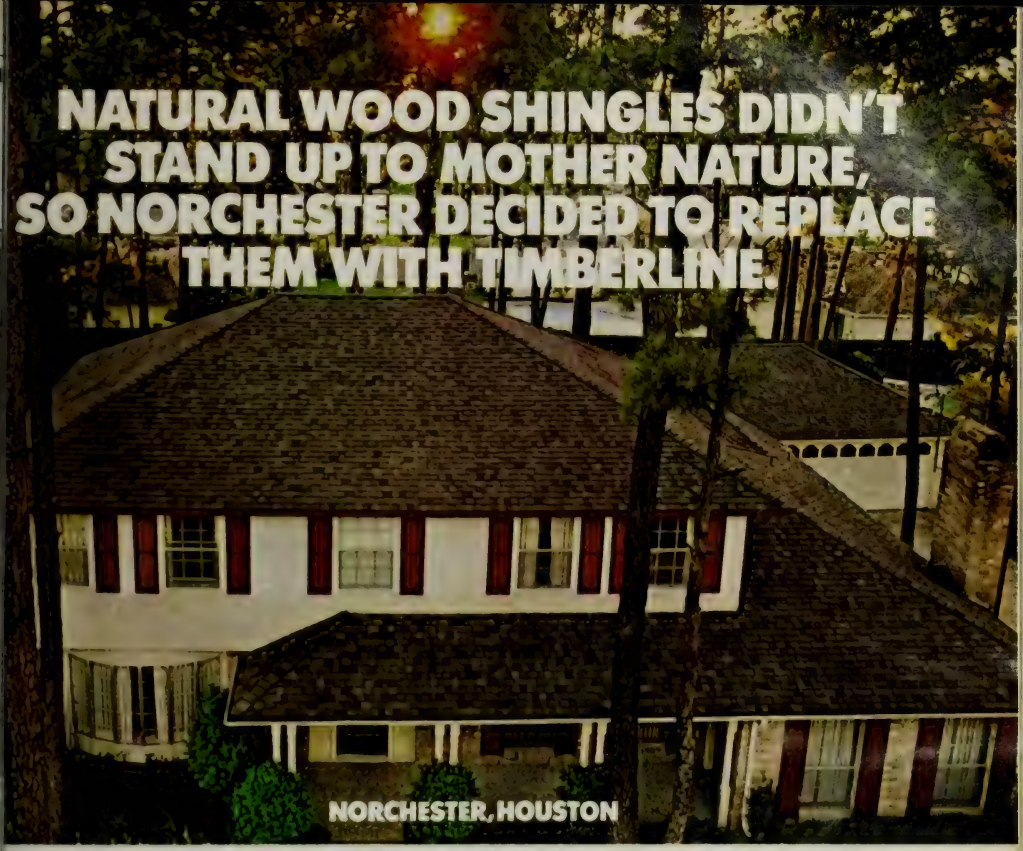
Above: The support posts for this simple bench are 4x12s, bolted to the deck joists. (Here the joists were extended to accommodate the bench, but you could cut away part of your deck to adapt this design.) The bench itself is a 4x12 framed with 2x4s mitered at the corners. The seat is secured with metal anchors and lag screws and finished with a clear sealer.

Right: Thirty-four pieces of 2x6 redwood on edge form this deck step. The 2x6s were cut into one-foot lengths and glued together to form the width of the step. (The pieces butting up to the leading edge of each support stringer were angle-cut to meet the stringer neatly, and the ones flanking the stringers were cut two inches longer than the standard pieces.) Two threaded rods secured with nuts and washers keep the pieces sandwiched tightly. The rods run the complete length of the step through holes drilled into the 2x6s before they were glued. Small irregularities in the top surface of the step were sanded smooth.



Photograph: E. Alan McGee. Design: Rob R. Berry. Field editor: Ruth Grenc

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Wallpaper wizardry

You can do a lot more with wallpaper than just cover up wall space. By teaming wallpaper with a coordinated or contrasting border, you can give an ordinary room eye-stopping architectural interest. These two examples show how easily it can be done.



Photograph: George de Gennaro. Design: Jan Irwin. Field editor: Pauline Graves

▲ Here, architectural detailing is provided by two coordinated wall coverings. A blue and white print paper covers the walls above dado height. Below the dado, a geometric-design wallpaper with a reverse-color border simulates a chair rail. Strips of the border pattern create "wall panels." The fabrics are repeated in the bedspread and pillow shams.



Photograph: D. Randolph Foulds. Design: Susan K. Richman and Barbara W. Sass, Interiors. Field editor: Estelle Bond Guralnick

▲ A mini-print paper on the walls of this living room provides a subtle background for the eclectic furnishings while adding textural interest. A coordinated floral wallpaper border highlights the room's high ceiling and moldings.

Famous Hothead: Vic Tayback

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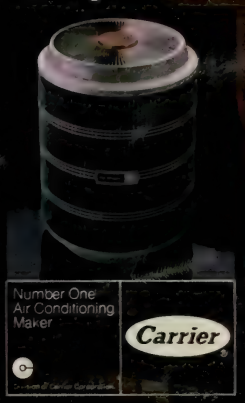
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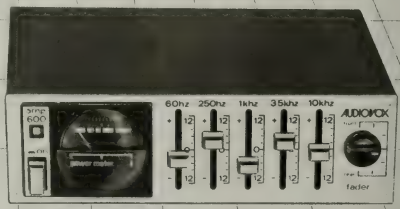
The COSC-5A. The incredibly slim (just 1¼" deep) coaxial speaker system that fits practically anywhere, in imported and domestic cars! Shallow 1¼" design – special shallow depth provides easy installation in all door panels unable to accept bulkier coaxial speakers. 5" Woofer–Air-suspension design to allow free cone response. Produces deep Bass at extremely high input power levels. Special 1" heat-proof voice coil allows sustained operation at high power without voice coil distortion. 1" Tweeter–with TDK Summarium cobalt magnet, usually found only in costly home speaker systems. Provides unmatched high-frequency response combined with a wide-dispersion capability.



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DECORATING
SOLUTIONS FOR TYPICAL TRACT HOUSES

By Shirley Van Zante, Laurel Lund, & Robert Dittmer

No matter where you live, you've seen them—rows of small, boxy houses dotting the suburban landscape like so many cookies made with a mold. Outside, each one looks much like its next-door neighbor; inside, many lack adequate living and storage space, let alone distinctive personalities.

Because these homes are repeated by the millions all across America, many of you have written us asking how you can customize your own cookie-cutter houses. So many of you wrote, in fact, that we decided to provide some answers by reshaping and revitalizing typical tract houses.

First, we selected four families who agreed to share their homes and decorating problems with us—and with you. We worked closely with each family to make sure our decorating plans suited their preferences, personalities, and pocketbooks. In implementing our ideas, we took the liberty of making cosmetic changes all at once; but you can do the decorating, if you like, in easy stages to lessen strain on the family budget.

On the following pages are the results of our mutual efforts. See for yourself: There's a lot you can do to make a typical tract home look and live the way you want it to.



















THE ROOM ARRANGEMENT RIDDLE

solved





If you've ever panicked at the thought of decorating an empty room, or tried to visualize just how your old furniture will fit into new space, you're not alone. Bob and Debbie Dickelman, a young two-career couple, felt the same apprehension when they moved from a small but charming older home in an established neighborhood to this larger two-story house in a new suburb. Not only did they need more furniture for their new home, but they also had to deal with a difficult-to-decorate split entry. And they needed to find space for the dining room furniture salvaged from their former home.

When Bob and Debbie began furnishing their living room from scratch, they called on us for help. To create a welcoming entryway, a ladderlike handrail was replaced with one of lacquered tubular steel. Odd-shaped windows were minimized with mini-slat blinds, and the light fixture was revitalized with a paper lantern.

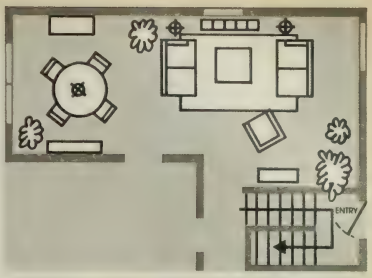
Next, we set the stage for a distinctive living/dining room decor. The windows were again dressed in mini-slat blinds. Walls and carpet, fortunately, were already covered in go-with-anything neutral tones—the perfect foil for a dramatic blue and burgundy scheme.

If you'll take a look at the Dickelmans' floor plan, you'll see that there's no separate dining room. To create one, we simply set a one-arm love seat at right angles to the window wall. The cozy niche behind it now houses the couple's dining room furniture.

A second love seat faces the first to form a congenial conversation group. (Each love seat has a reclining unit to provide feet-up comfort.) A tubular steel frame lounge chair and laminated coffee table complete the arrangement.

Nearby, modular glass shelving stretches storage without gobbling up visual space.

Buying information, page 203





Photographs: Jessie Walker. Design: Robert E. Dittmer



THE SPACE SQUEEZE SYNDROME

solved





Like most young couples, Jan and Greg Franck concentrated first on furnishing the living/dining area of their suburban ranch. Now, four years later, they were ready to redo the 11½x13-foot master bedroom. We were invited to help.

High on their list of needs was more storage—lots of it—to supplement the room's one small closet. They also wanted a private retreat for themselves and a place for some quiet time with their two young sons.

To make the small, boxy room look as large as possible, we chose eye-pleasing neutrals for the background, and spiced it with small-scale pattern.

Rather than build a new color scheme around the old carpet both Jan and Greg disliked, we replaced the orange shag with space-making beige carpet, and painted the walls and dark woodwork to match.

To blend the small double-hung windows into the scheme and make the room seem less cut up, we covered the wall with sheet fabric (also used on the bed) and hid both windows with a large fabric-laminated shade. The windows are framed with fake beams, covered in the same coordinate leaf-and-stripe pattern as the comforter.

We left the bed on the room's only long, unbroken wall. But to solve Jan and Greg's storage shortage, we put waste space to work. Now, the bed fits into an entire wall of modular storage. An armoire on each side of the bed provides shelf and drawer space; in the center is a bookcase headboard and space-expanding mirror, illuminated by a light bridge.

Buying information, page 203



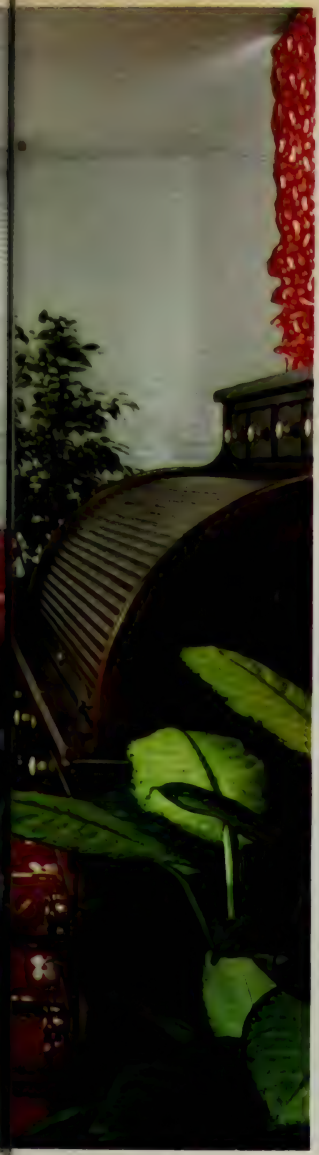
Photographs: Jessie Walker. Design: Suzy Taylor, ASID



THE OUTDATED DECORATING DILEMMA

solved





When we first met Jane Gillaspey, she and her teen-age children had lived in their three-bedroom split-level house for about 15 years. Like many tract houses, the Gillaspey home lacked a guest bedroom and adequate space for dining and entertaining.

Jane had filled some of the gaps by turning the unfinished basement into a family/dining room, but the family had since outgrown both the space and the decor. The color scheme looked dated and drab, the lighting was inadequate, and an oddly placed support beam made furniture arrangement a challenge.

Even though the patterned carpet, which triggered the old color scheme, was still in good condition, it was difficult to decorate around. We played the carpet down by diverting attention to a perky new red, white, and blue color scheme.

To brighten the dark basement room, we painted the woodwork white and added simple shutters at the windows.

Next, a four-panel wallpapered screen was fashioned to conceal the support beam and divide the room into two distinct activity areas.

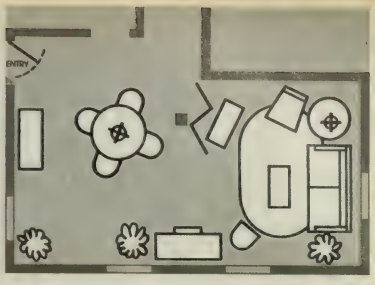
Like most families, the Gillaspeys couldn't afford all-new furniture. We simply spruced up existing pieces, added a few new ones, and rearranged them all to suit the space.

A timeworn sofa was replaced with a double-duty sleep sofa. The family's favorite lounge chair was slipcovered, and an area rug was added to underscore the color scheme.

A new rolltop desk and spindle-back chair help Jane organize household activities. Giant floor pillows under the desk provide party seating.

For casual dining, we retained the family's table and slicked up the chairs with white lacquer. An old chest was painted white; new shelving above corrals collectibles.

Buying information, page 203





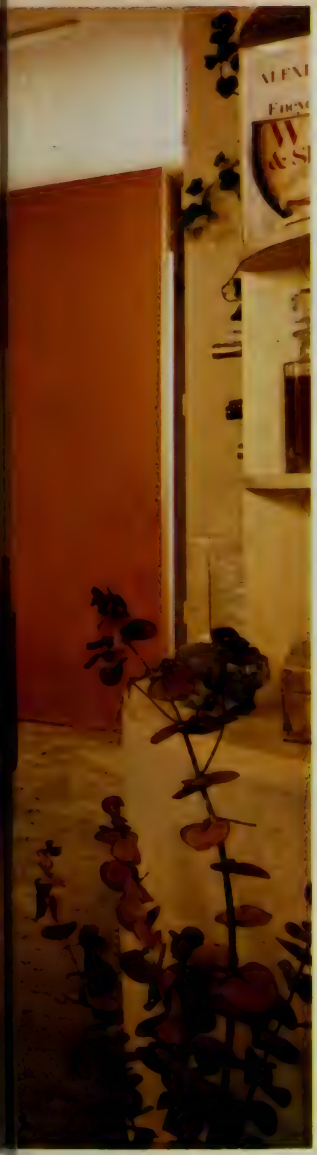
Photographs: Jessie Walker. Design: Robert E. Dittmer



THE TUNNEL ROOM TRAP

solved





Rick and Gail Lund, both young professionals, moved from their college apartment into this three-bedroom, one-story suburban home four years ago. Although the house is an ideal size for a married couple with no children, the interior layout presents a real decorating challenge. Check the floor plan and you'll see that the living room is cut up with awkwardly placed windows and doors. There's no entry hall. Storage space is scarce. And Rick and Gail weren't happy with the gold sculptured carpet they inherited when they purchased the house.

The first thing we did to help the Lunds solve these problems was to agree on a decorating plan. To begin with, we installed new sand-tone carpet and replaced old draperies with trim, vertical-slat blinds. Then we freed up floor space by installing ceiling-mounted track lights.

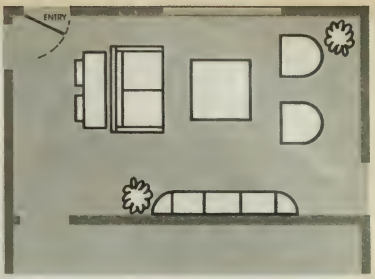
To eliminate the tunnel look of the room, we painted the room's longest walls sand and the end walls russet brown. Because light colors "recede" and dark colors "advance," this treatment visually squared up the space.

Next came the furniture arrangement. The oversize sofa, rocker, and lounge chair—all conspicuous space consumers—were relocated to a bedroom-turned-den. The love seat was right-angled to the wall; this created a natural entry hall and helped traffic flow around—rather than through—the conversation area. We moved the Lunds' sofa table to a new position behind the love seat; benches beneath the table provide seating for parties.

Rick and Gail then selected a pair of comfortable swivel chairs and a coffee table to complete the conversation area.

Finally, a custom-built shelving unit was added to create a focal point for the room scheme and provide much-needed storage space.

Buying information, page 203





Photographs: Jessie Walker. Design: Suzy Taylor, ASID





COFFEE BREAK

Margaret McMahon and Stacey Smith

Here's a tempting lineup of servers to enhance those relaxing breaks, whether you serve coffee and Danish or tea and crumpets.



In the middle of the seventeenth century, partaking of coffee, tea, and chocolate became a fashionable pastime in England, and the idea was picked up with enthusiasm by American colonists. Beverage pots in silver and pewter, china and pottery were suddenly *de rigueur* in the properly equipped household. Today we seldom have time for the formal coffee ritual, but an elegant coffeepot or teapot can make even a "break" seem special.

Credits, Buying Information, page 203

Photographs: Bradley Olman



SHOW-OFF GARDENS WITH POTTED PLANTS

By Steven Coulter

Let potted plants brighten every aspect of your outdoor living: your front entry, steps, walks, decks. Any area of your outside space can bloom from spring until frost—or year round if you live in a mild climate.

For dependable, long-lasting color that costs just a pittance, fill your pots with annuals. A packet of flower seeds is still the great American bargain. Nowhere else can you get such immeasurable beauty in such a small package to produce such a lasting impression. Or, buy flats of inexpensive bedding plants to achieve instant color.

The ever-popular big four among annuals—geraniums, marigolds, petunias, and zinnias—come in many shapes, sizes, and colors. For the greatest impact, use only one or two colors in a pot.

In shady spots, rely on impatiens, coleus, wax begonias, and potted-up caladiums for interesting foliage and blooms.

Liven up a pool area

Pots of yellow marigolds complement the yellow pads on the cast concrete seats surrounding this fire pit, *above*. Previously, this area was nothing but grass beyond a concrete patio. Now, the deck and a bricked spa accommodate outdoor living.

Be sure to keep your container-bound companions watered well, since soil in clay pots dries out quickly in hot weather. Daily watering may be needed.

ograph: de Gennaro. Designer: Borghild Gillam. Field editor: Pauline Graves

Photograph: Braun. Field editor: Helen Heilkamp



Dress up a deck

Even a narrow deck benefits from pot gardening, as shown by this row of potted pelargoniums, *above.* Most of the plants were started from cuttings the owner rooted in small pots of sand, and later transplanted into larger pots as the pelargoniums grew. More pots balance on the railing and on shelves.

Perk up a patio

Container plantings of pansies, pinks, and pelargoniums bring color to this patio, *left,* and soften the vertical green lines of the jasmine vine that screens the view on one side. A 28-inch border of brick in a herringbone pattern was added to enlarge the concrete patio.

Photograph: Chapple. Designer: Garden Gate Landscaping. Field editor: E. Deymier

Photograph: de Gennaro. Landscape architects: Jerry Cummings Assoc. Field editor: P. Graves

Step up your gardening

Brighten step areas with containers of color. Terraced plant decks between the stairs and a garage wall, *above,* provide plenty of space for summering sturdy houseplants outside, alongside additional pots of gaily colored annuals. Give tender houseplants more wind and sun protection.

Top off a wall with color

Use container color to cap a low wall. Pots of violas crown this two-foot-wide wall between a walk and a front lawn, *right.* More violas are tucked in among the juniper ground plantings and are planted solidly as a border in front of the evergreen shrubs. Spent flowers are removed to promote more blooms.



Photograph: de Gennaro. Source: Elizabeth Gilrain

Photograph: Maris/Semel. Landscape architect: Barbara Cunningham. Field editor: Ruth Reiter

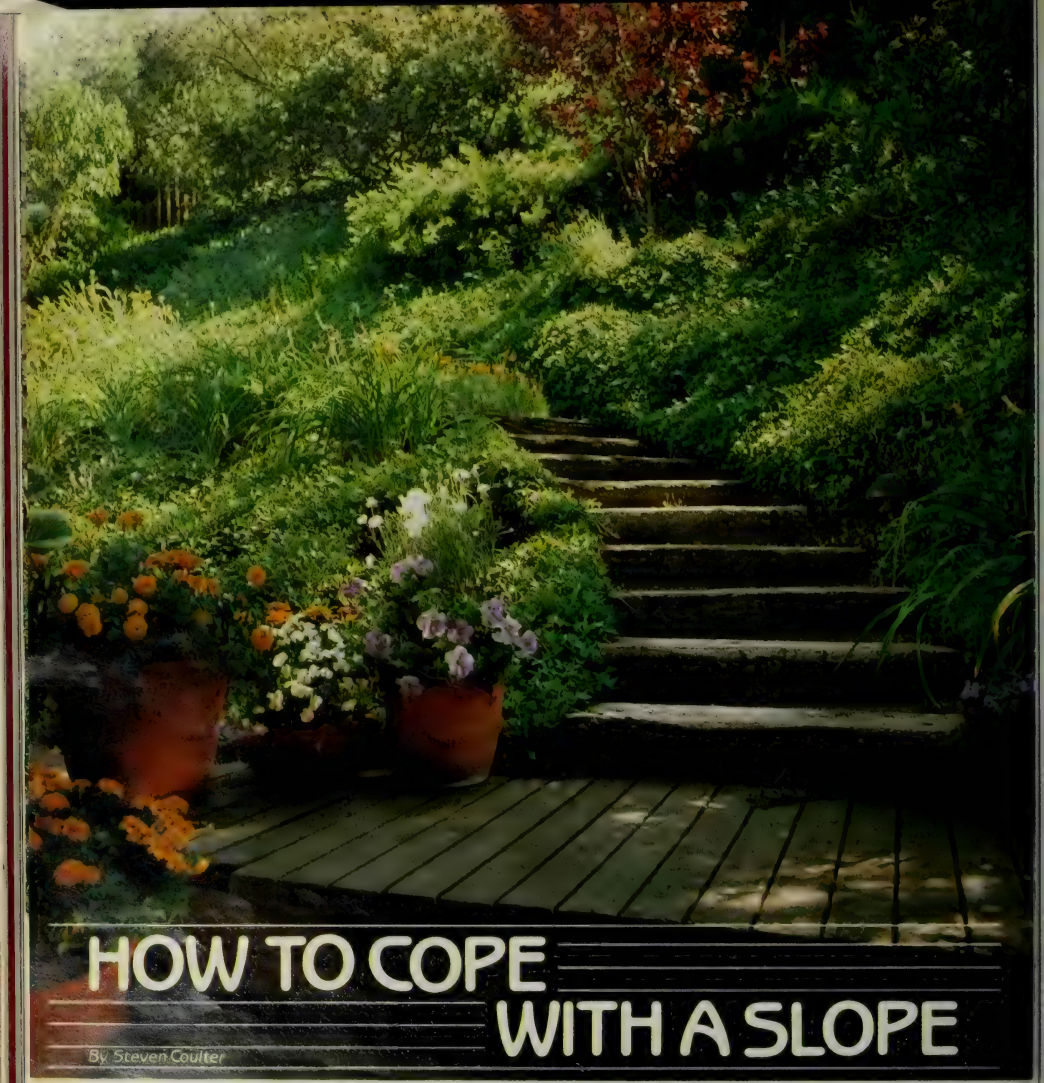


Spruce up below deck

Underdeck areas are frequently unsightly catchalls where nothing grows, but litter collects. This camouflage uses vertical 1x6s, ***above***, extending from the edge of the deck to the ground. Supplementing the foundation plantings are hanging pots.

Group pots for convenience

Mass your potted plants for greater impact and for easier maintenance. Round aggregate stepping-stones serve as bases for these plant groupings, *left*. A mulch of wood chips keeps down weeds and provides dry footing for the pot tender. A three-foot-tall concrete block wall encloses this inviting entrance garden.



HOW TO COPE WITH A SLOPE

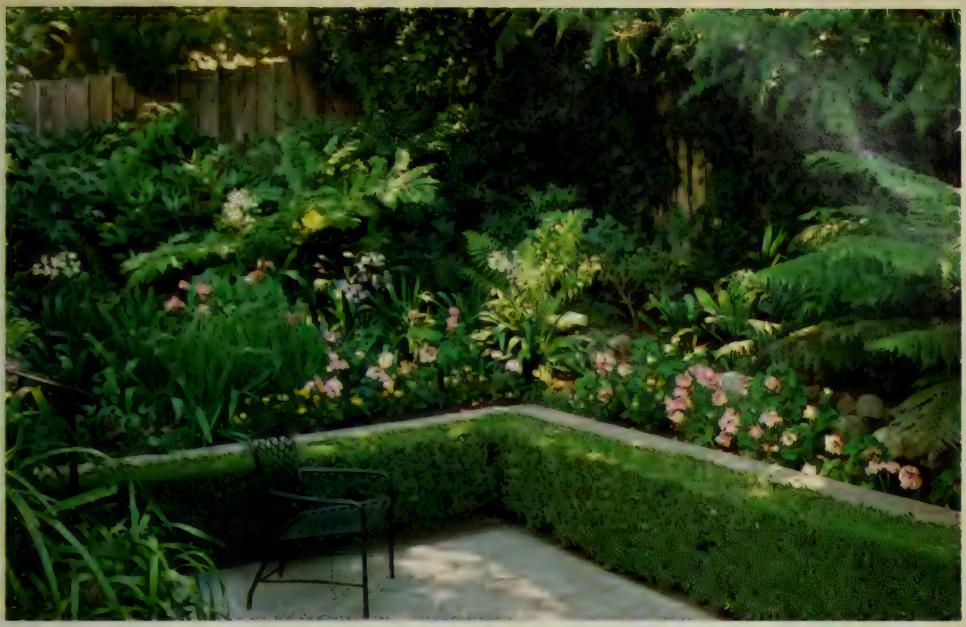
By Steven Coulter

Photograph: de Gennaro. Landscape architect: Jack Smith. Field editor: Pauline Graves

A slope or bank in the yard poses a real gardening challenge. If you plant sod on a steep bank, you'll produce a mowing nightmare. Do nothing, and rain and erosion will turn your yard into a muddy gully. But there is a way to hold up any bank beautifully. The trick is to combine retaining walls and/or terraces with the proper plantings for your conditions: shade, sun, dry or wet areas, fertile or poor soil.

To show how it's done, we rounded up examples of successful "holdups." You can adapt the ideas to your own slope situation. While you're waiting for ground covers and other permanent plantings to mature, fill in any bare spots with colorful annuals.

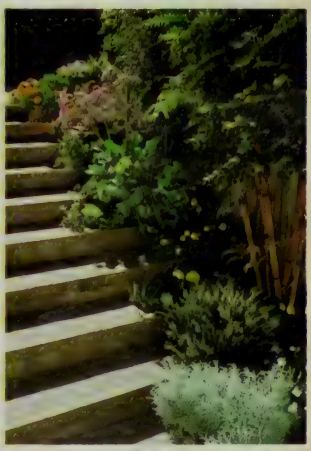
A path was carved to make this steeply sloped backyard garden accessible, *above*. The ground covers include needlepoint ivy, cinquefoil, and Indian mock strawberries. Azaleas and yellow daylilies break up the flatness of the ground covers. In the foreground, potted plants add color to the deck. The containers can easily be switched when different colors are wanted.



Photograph: Fred Lyon. Landscape designer: Topher Delaney. Field editor: Helen Heitkamp



Photograph: de Gennaro. Field editor: Dorothy Campbell



Photograph: Fred Lyon. Designer: Al Wills. Field editor: Helen Heitkamp

A boxwood hedge camouflages this retaining wall, *above top.* The wall turned a steep slope into a planting bed for ferns, azaleas, rhododendrons, agapanthus, Japanese iris, and a Japanese maple to provide year-round color and texture in this warm climate area. Geraniums, marigolds, and violas were added at the front for splashes of color from one season to another.

In this front yard, *above,* a combination of elements produces an eye-pleasing effect. Liriope, a low-care ground cover, borders the three broad steps. A retaining wall of vertical rail ties turns the corner and holds up a planting of prostrate juniper. At the base of the wall, red and white petunias provide a welcome dash of color that can be changed another year.

Small planting pockets soften the front steps on this steep slope, *above.* Wood 2x12s frame the pockets, which vary in size: 8x16, 8x18, 8x20, and 8x24. Some hold permanent plantings such as statice and mahonia, which are interplanted with colorful annuals. Since the planting pockets are small, few plants are needed to produce a terraced garden effect.

Terrific Recipes With All Kinds of Ground Meat

By Marlene Brown

Move over, ground beef—and make room for ground pork, veal, lamb, ham, and turkey! All have enormous good-eating potential, as you'll discover when you try these entrees. You have the option of using up to six ground meats interchangeably. There's also a how-to guide to help you choose, use, and store ground meats.

OLD FAVORITES UPDATED



Turkey

A chunky Dilled Egg Sauce crowns our **Six-way Croquettes** *(above)* that feature ground turkey. They're easy to make, but deciding which of the six ground meats you'll want to use might not be so simple.

Croquettes, based on a very thick white sauce and a judicious blend of seasonings, have long been a favorite way to incorporate ground meats into tasty main dishes. You can shape your croquettes into balls, patties, or cones, whichever you fancy. Before frying, give each shaped piece a generous bread crumb coating. Then, since you've precooked the meat, you need to fry the croquettes for just a minute or two till they're crisp, golden, and hot through. Deck the platter with sprigs of fresh dill.

Veal

While [illegible] in ground meat cookery, meat [illegible] and only to burgers [illegible] in popularity. [illegible] slices of **Carrot-pinwheel Any-meat Loaf** *(above)* reveal an attractive swirl of shredded carrots wrapped in thyme-flavored veal. Choose from ground beef, pork, lamb, turkey, or cooked ham for five more deliciously different entrees. Finish with a dazzling crimson glaze made with spiced apple juice and pineapple preserves.



Lamb

Caught in the old grind of using only ground beef in your meatballs? We've chosen ground lamb for **Meatballs Stroganoff** *(below)*, but you don't have to stop there. Our special recipe gives you a host of other alternates that will also do nicely. Dress up your old-favorite meatballs with our easy wine/mushroom sauce that's based on a can of golden mushroom soup. Add more mushrooms, yogurt, and white wine for a flavor fillip. Serve spaetzle or pasta on the side.

Pork

Say chili, and you'll conjure up images of steaming bowls filled with a thick, hearty soup of spicy beans and ground meat. No one will dispute the fact that conventional chili is great, but wait till you try these variations! Not only can you make our chili with ground pork as we've done, but with ground beef, lamb, veal, or turkey. Serve zippy **Choose-your-meat Chili** *(above)* in sturdy **Cheese Bread Bowls** that you make from homemade yeast dough flavored with American cheese. Then you can eat the dishes instead of washing them!

These and additional recipes begin on page 158 Buying information, page 203

Photographs: William K. Sinkler. Food styled by Fran Hanson

Ground Meat
BRAND-NEW MAIN DISHES



Lamb

Open-face Pitas *(below)* are just Mexican tostadas gone Greek. To assemble, spoon cooked spinach and spiced lamb or other ground meat over toasted pita bread halves. Top with tomatoes, onion, feta cheese, and/or ripe olives.

Beef & Pork

Pizza is just about the best thing that ever happened to frozen bread dough! Combine the dough with a beef and pork filling that's layered with cheese, mushrooms, green pepper, and tomato sauce, and what results is Easy Two-crust Pizza *(below)*, which also stars on our cover. Feature a pair of ground meats in this recipe, or use only one. Either way, you'll have a tasty and thrifty main dish. A salad on the side makes it a meal.



Ham

Did you know that you can make a meal out of baked sweet (or white) potatoes? These **Meat-stuffed Sweets** *(left)* are filled to overflowing with a tasty sautéed apple-spiced ham mixture. You can also try any of four meat variations—beef, pork, lamb, or veal. Use a grapefruit knife to make quick work of hollowing out the baked potatoes, then combine the mashed vegetables with your ground meat, apples, onion, orange juice, and cinnamon. Pile the mixture into the shells and bake again.

Turkey

An everyday turkey casserole comes up in the world when it's topped with Parmesan cheese "meringue." Take your pick from six ground meats for the bottom layer of our **Parmesan Meat Puff** *(left)*. You mix green beans, cheddar cheese, and spices with the meat.

Delectable Veal

Take-your-choice Burgers *(right)* are proof that burgers can star without a bun. Wrap the veal, lamb, or pork patties in pork breakfast strips and broil. For pizzazz, pass a sour cream sauce in mushroom caps.

These and additional recipes begin on page 158.
Buying information, page 203

folks who still cook the old-fashioned way

The Salems' Lebanese Cooking Traditions





Photographs: Hedrich-Blessing

Old-fashioned cooking to the Salem family (pictured above) *means putting on a Lebanese mealtime extravaganza, shown close up at left. On the menu* (clockwise from back right) *are* ***Homemade Pita*** *(pocket)* ***Bread, Lebanese Baklava,*** *a platter of* ***Grape Leaf Rolls*** *with* ***Baked Kibbee,*** *a lamb meat loaf served with yogurt,* ***Lebanese Potato Salad, Feta Cheese*** *with Greek olives, and* ***Tabouleh Salad.***

When it comes to preparing good food, sometimes the old-fashioned ways are still the best. Just ask the Salems, who today continue to enjoy the Lebanese food traditions passed on by their grandparents who grew up in the Middle East. On these pages, the Salems share with us some of their treasured specialties. And on the following page, they give you a demonstration of how to make two Lebanese staples, Pita (pocket) Bread and Feta Cheese.

Ed Salem, his sister Mary, and their brothers David and Kareem (also known as Mike) developed a hearty enthusiasm for their culinary inheritance because their native-born Lebanese parents and grandparents proudly practiced their food heritage. The Salems' traditional Lebanese repast, pictured above and opposite, is one that their family shares on special occasions.

If you're an ethnic food enthusiast, you'll probably recognize similarities between these and other foods of the Middle East. The reason for that is a simple matter of geography. Lebanon's proximity to other eastern Mediterranean countries, such as Egypt, Syria, Greece, and Turkey, has prompted a delicious blending of food customs that travel freely across borders. Yet, there are also distinct flavors and attitudes toward food that prevail in each area—and Lebanon is no exception. Their baklava, for example, is less sweet and not as heavily spiced as the Greek version. And the lamb that's so common in Lebanese main dishes is more apt to be ground than roasted whole as in other parts of the Middle East. Today, all of the Salems are experts on their unique legacy. Says Ed, "Food is one way we can maintain our Lebanese heritage in the American culture in which we live. The responsibility to keep our ancestry alive helps make us good Americans."

Recipes begin on page 148.

The Salems' Lebanese Cooking Traditions

ED SALEM'S WAY OF MAKING PITA BREAD



As Ed demonstrates, the mixing, kneading, and shaping of Pita Bread are done by hand. "I do it all by feel," says Ed—but he has translated his methods into an easy-to-follow recipe.



"When you make Pita Bread, be sure the rising time is ample," notes Ed. After the dough rises, Ed shapes it into smooth round balls. Later, he deftly flattens each ball.



Ed rolls the flattened rounds into shape. To encourage the characteristic hollow pocket to form, it's important to avoid stretching the dough.

Recipe on page 148

MARY'S HOME-MADE FETA CHEESE



"I love to cook," says Mary, and one of her specialties is Feta Cheese. Above, Mary begins by dissolving rennet in warm water, which will induce a curd to form in the milk.



After 10 minutes of heating, the milk-rennet mixture coagulates to form the curd. Mary shows the newly formed curds floating in the whey or liquid, which is drained off.



Mary shapes the curds into small balls, squeezing out excess water. The cheese is stored overnight in a saltwater bath; then it's ready to slice.

Recipe on page 153

DO YOU COOK THE OLD-FASHIONED WAY?

If you or anyone in your family enjoys cooking the old-fashioned way, send us your recipe and some information on the history behind it as well as the techniques you use.

If your recipe is selected, we will pay you $100 for it. Write your name, address, and information clearly. Also include 200 words explaining your recipe and describing its origin. Send your entry to "Old-Fashioned Cooking," P.O. Box 10645, Des Moines, Iowa 50336.

We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

MEXICO

As close as the Campbell's Soup on your shelf.



Campbell Soup Company, Camden, N.J. 08101. U.S.A.

Mexicanos Tacos

2 lb. ground beef
½ cup chopped green pepper
1 can Campbell's Chili Beef Soup
1 can Campbell's Tomato Soup
1 to 2 tbsp. finely chopped cherry peppers
24 tacos shells
Shredded Cheddar or Monterey Jack cheese
Shredded lettuce
Chopped onion
Diced tomato

In skillet, brown beef and cook green pepper until tender; stir to separate meat. Add soups and cherry peppers. Cook over low heat 5 minutes; stir occasionally. Fill each taco shell with 3 to 4 tablespoons meat mixture; top each with remaining ingredients. Makes 24 tacos.



Cookbook offer: Bring a world of good cooking into your home with Campbell's brand-new cookbook, "The International Cook," containing 142 elegant recipes. Just send $4.00 (check or money order only) with your name, address and zip code to INTERNATIONAL COOK, P.O. Box 9715 K, Clinton, Iowa 52736. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. OFFER EXPIRES JUNE 30, 1981.

A world of good cooking brought home with Campbell's.

continued

Cook the old-fashioned way

HOMEMADE PITA BREAD

The Lebanese tear this bread into bite-size pieces to use for scooping up food. The same dough can be used to make the Lebanese Thalamae and Kibiz breads—

1 package active dry yeast
2 cups warm water (90°)
1 tablespoon shortening
6 cups all-purpose flour
2 teaspoons salt

In a bowl dissolve the yeast in the warm water. With fingers, blend shortening into yeast mixture till almost dissolved. Stir together flour and salt. Add yeast mixture to flour mixture. Work dough with hands in the bowl till dough is no longer sticky, adding additional water or flour as needed. Transfer dough to a greased bowl, turning once to grease surface. Cover; let dough stand in a warm place 30 to 40 minutes till double.

Divide dough into 24 pieces. With floured hands work pieces into very smooth balls. Place on a floured surface; cover and let rest 20 minutes. Using fingers, gently flatten balls without creasing dough, keeping them rounded. On a well-floured surface lightly roll one piece of dough at a time to a 7-inch circle, turning dough a quarter turn once. (*Do not stretch, puncture, or crease dough.*) Place two rounds on an ungreased baking sheet. Preheat oven to 450°. Bake about 3 to 4 minutes or till dough is puffed and set. Turn pita rounds over with spatula; bake about 2 minutes more or till lightly browned.

Repeat with remaining dough, baking one batch before rolling and baking the next. Cool on wire racks. Store tightly wrapped in plastic bags in refrigerator for up to 1 month. To serve, let stand at room temperature for about 15 minutes. Cut a slit at one end and fill with desired filling or halve loaves crosswise and fill. Makes 24 loaves.



Many people serve Hormel ham only on special occasions. Now you can turn any meal into a special occasion.

We've shaped famous Hormel ham into a convenient patty form. Just bake, broil, or fry for a few moments, and you have delicious Hormel ham for any breakfast, lunch or dinner. At a low price to start with; and less waste to end with.

Hormel Ham Patties. For special occasions. Like breakfast, lunch, or dinner.

They're in the refrigerated meat section. Hormel

THALAMAE

This Lebanese bread is like thick pita bread without the pocket. Serve with soups or salads or spread with garlic butter and toast for an appetizer—

1 recipe Pita Bread (above)
1 beaten egg white
Toasted sesame seed

Prepare Pita Bread as recipe directs up to the shaping step. Divide dough into 12 pieces. With floured hands shape dough into very smooth balls. Place balls on floured surface; cover and let stand about 20 minutes. With your fingers flatten or roll each piece of dough to a 7-inch circle without creasing dough. Prick entire surface of each round well with tines of fork; brush with beaten egg white. Sprinkle with sesame seed. Let rest 10 minutes. Place 2 or 3 rounds at a time on an ungreased baking sheet. Preheat oven to 450°. Bake for 8 to 10 minutes or till set. Remove from oven; turn over to broil. Turn rounds with spatula; broil 1 to 3 minutes till golden brown. Cool on wire racks. Store tightly wrapped in plastic bags. Makes 12 loaves.

KIBIZ

Kibiz bread is a giant-sized flat bread with a crisp texture—

1 recipe Pita Bread (see above)

Prepare Pita Bread up to the shaping step. Divide dough into 10 balls. With floured hands work dough into very smooth balls. Place on floured surface; cover and let rest 20 minutes. On a well-floured surface, roll 1 ball of dough at a time to a 14-inch circle about $\frac{1}{16}$ inch thick. (If dough is too elastic to roll, cover and let rest 5 to 10 minutes more; repeat rolling.) Cover; let rest 10 minutes. Prick surface of rounds with tines of fork. Place an ungreased baking sheet in a 500° oven till hot. Quickly transfer Kibiz to the hot baking sheet; bake 1 to 2 minutes. Remove from oven; turn oven to broil. Broil 1 to 2 minutes or till lightly golden. Cool on wire rack. Makes 10.

LEBANESE BAKLAVA (BAKLAWA)

Mary Salem recommends using clarified butter for these pastries. To clarify, melt butter over low heat without stirring. You'll see a clear layer atop a milky layer. Slowly pour off the top clear layer into a dish—that's the clarified butter. Discard the milky layer—

continued



These 16 Campbell's soups have always been light in calories. What great-tasting ways to eat light!

Lee Meriwether



Beef Broth/30 Calories
Beef Noodle/90 Calories
Beefy Mushroom/90 Calories
Chicken & Stars/80 Calories
Chicken Broth/50 Calories
Chicken Gumbo/70 Calories
Chicken NoodleO's/90 Calories
Chicken Vegetable/90 Calories
Chicken with Rice/80 Calories
Clam Chowder Manhattan Style/90 Calories
Consommé/45 Calories
Old Fashioned Vegetable/90 Calories
Onion/80 Calories
Turkey Noodle/80 Calories
Turkey Vegetable/90 Calories
Vegetarian Vegetable/90 Calories

When you're looking for some great-tasting ways to eat light, just look for the calories listed on the labels of all Campbell's Soups. You'll find that lots of your favorites are Light Ones, with only 90 calories or less a 10-ounce serving.

The Light Ones



Dear Pete,

Help! My pork chops are tough as shoe leather. How can I get them tender?

—Mrs. Linda Campbell
Stamford, Ct.

Dear Mrs. Campbell,

Don't go to pieces. Ever hear of Shake 'n Bake® Seasoned Coating Mix?

It helps seal in the juices, so your pork chops stay moist and tender. So tender, you can practically cut them with a fork.

Which is a sneaky way of getting you to try one of my favorite recipes, Peachy Tender Pork Chops.

—Pete the Butcher

PEACHY TENDER PORK CHOPS

Drain 1 can (29 oz.) peach halves and reserve syrup. Moisten six ¾-inch pork chops in ¼ cup syrup. Coat chops with 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork as directed on package. Bake 40 minutes. Add peaches to pan, brush with some syrup; bake 20 minutes longer. *Always cook pork chops thoroughly.* Heat ½ cup syrup, ¼ cup *each* firmly packed brown sugar and catsup, and 2 tablespoons vinegar in saucepan. Serve over chops. Makes 4 servings.



Shake 'n Bake®. For pork chops that are tender, not tough.



continued

Cook the old-fashioned way

3 cups chopped walnuts
¾ cup sugar
1 tablespoon water
1 tablespoon vanilla
1 pound (about 20 to 22 17x12-inch sheets) phyllo dough
1½ cups butter *or* margarine, melted
1½ cups water
1 cup sugar
2 tablespoons lemon juice

In a bowl stir together the walnuts, the ¾ cup sugar, the 1 tablespoon water, and vanilla; set aside. Cut phyllo sheets crosswise in half and trim edges to fit the bottom of a 13x9x2-inch baking pan. Brush the pan with some of the melted butter or margarine; layer *half* of the trimmed phyllo sheets in the pan, brushing each with some of the melted butter or margarine. Spoon walnut mixture atop; drizzle with some more of the melted butter. Place remaining sheets of phyllo atop filling; brushing each with melted butter. With a sharp knife carefully cut the dish of Baklava lengthwise into 5 equal strips. Gently score the strips diagonally crosswise into small diamond-shaped pieces. Drizzle remaining melted butter atop. Bake in a 325° oven for 60 to 70 minutes or till golden. Meanwhile, in a saucepan combine the remaining 1½ cups water and the 1 cup sugar. Bring to boiling; simmer 10 minutes. Stir in lemon juice. Cool. Pour syrup over baked pastry. Cool completely on wire rack. Finish cutting into diamonds. Makes about 30 pieces.

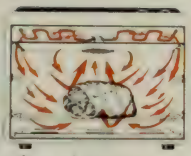
GRAPE LEAF ROLLS (YEBRA BI WARA AREESH)

During the traditional Lebanese meal, several main dish selections would be served, and each guest would eat three or four rolls as accompaniments—

1 pound ground lamb *or* lean ground beef
1 cup cooked rice
¼ cup water
1¼ teaspoons ground cinnamon
1 teaspoon salt

continued

Announcing a new convection oven that uses less energy, cooks faster and better, for under $200.



Get cooking with air. A quiet fan circulates heated air around food, which cooks better, faster, at lower temperatures.

Save energy and time. The Rival Convection Oven uses less energy and cooks about one-third faster than a big oven.

Not a microwave. Moving air browns food beautifully and gives it fantastic flavor.

Sear that meat. Hold that juice. Meats cook evenly, with natural juices sealed inside, so they shrink less. Up, up, up come cakes, breads, and pastries. There are no hot or cold spots, so no overdone edges, or hills and valleys in the middle of your cake layers.

Cook a 14-pound turkey, or just a snack. There are two adjustable racks, and standard cookie sheets slip right in. The Rival Convection Oven fits under standard cabinets, and there's a four-hour automatic shut-off timer.

Wipe it clean. Walls and top are continuous cleaning. All removable parts, including drip tray, go into your dishwasher.

Keep a cool kitchen. It's so well insulated, it holds in heat, even at 500 degree broiling temperature.

Get a lot of oven for a lot less money than a microwave. And you don't need special cookware.

We didn't invent convection cooking; we perfected it. So put the Rival Convection Oven on your countertop. It's from the Crock-Pot® Slow Cooker people.



RIVAL®

Convection Oven



The Old El Paso Meat 'N Potato Taco

1½ pounds ground lamb *or* lean ground beef
¾ cup finely chopped onion
⅓ cup pine nuts *or* slivered almonds
½ to 1 teaspoon salt
1 teaspoon lemon juice
Dash pepper

• • •

Plain yogurt

In a bowl soak the bulgur in the water for 30 minutes. Drain well; squeeze out excess water. Stir in the ¼ cup ground onion, the ¾ teaspoon salt, cinnamon, and ¼ teaspoon pepper. Add *1 pound* of the ground meat; mix well. Set aside.

In a medium skillet cook remaining meat, the chopped onion, and nuts till meat is browned and onion is tender. Drain off fat. Stir in remaining salt, lemon juice, and the dash pepper. In a 10x6x2-inch baking dish, press *half* of the meat-bulgur mixture evenly over the bottom. Top with cooked meat-nut mixture. Cover with remaining meat-bulgur mixture, pressing down with hands. Cut into diamonds or rectangles. Bake in a 350° oven 25 minutes or till done. Drain off fat. Serve hot or cold with yogurt. Makes 6 servings.

LEBANESE POTATO SALAD

This potato salad complements many types of lamb dishes—

4 large potatoes, cooked, peeled, and cut in chunks

• • •

½ cup snipped parsley
3 green onions, finely chopped (¼ cup)

continued

36 grape leaves *or* small cabbage leaves*
½ teaspoon salt
¼ cup lemon juice

In a bowl combine meat, rice, water, cinnamon, and the 1 teaspoon salt. Rinse grape leaves or cook cabbage leaves (see note below). Pat dry with paper toweling. Place about 1 tablespoon of the filling on the wide portion of each leaf. Fold in bottom edge and sides; roll as for jelly roll. Repeat with remaining leaves and filling. Place on a rack in a 4-quart Dutch oven, seam side down. Fill pan with water to almost cover rolls. Add remaining salt. Bring to boiling; cover. Reduce heat; simmer 20 minutes or till rolls are done. Add lemon juice. Simmer 5 minutes more. Makes 36 rolls.

*If using cabbage leaves, cut about 2 inches of the heavy center vein out of cabbage leaves. Immerse in boiling water about 3 minutes or just till limp; drain.

BAKED KIBBEE

Kibbee, the meat-bulgur mixture of this recipe, is sometimes made into meat patties and fried or served raw as an appetizer by many Lebanese families—

½ cup bulgur
2 cups water

• • •

¼ cup ground onion
¾ teaspoon salt
½ teaspoon ground cinnamon
¼ to ½ teaspoon pepper



The Old El Paso Quick Frank Kabob



water from cheese as you shape it. (If desired, wrap each ball in a square of cheesecloth, twisting ends of cloth together to drain liquid and shape cheese.) Cover cheese; set aside. When cheese has cooled completely, dissolve the salt in the 2 cups cold water. Place cheese balls in an earthenware crock or glass mixing bowl. Add the salt solution; cover. Refrigerate overnight before serving. Store up to 3 weeks in refrigerator, changing salt solution weekly. Drain and slice to serve. Makes about ¾ pound cheese.

TABOOLEE SALAD

Some Lebanese families serve this salad without the lettuce—

¾ cup bulgur
2 cups water

• • •

3 large tomatoes, peeled and coarsely chopped
3 tablespoons snipped parsley
2 tablespoons sliced green onion
1 teaspoon salt
2 tablespoons olive oil *or* salad oil
2 tablespoons lemon juice
3 cups finely shredded lettuce
Salt and pepper

In a bowl soak bulgur in water for 30 minutes. Drain well, squeezing out excess water. Stir in tomatoes, parsley, green onion, and salt. Mix olive oil and lemon juice. Stir into bulgur mixture. Cover and chill. Just before serving fold in lettuce. Season to taste with salt and pepper. Makes 8 cups.

¼ cup olive oil *or* salad oil
¼ cup lemon juice
1 teaspoon salt
Dash garlic powder
Dash pepper

Cut potatoes into ½-inch cubes. In a bowl combine parsley, green onion, olive oil, lemon juice, salt, garlic powder, and pepper. Add potatoes, tossing to coat. Cover and chill several hours or overnight before serving. Makes 6 to 8 servings.

FETA CHEESE (ZHEHAN)

You can buy the rennet tablets in most supermarkets—they're usually found near the pudding and gelatin mixes—

2½ rennet tablets for custard and ice cream
1 tablespoon warm water (90°)
½ gallon (8 cups) milk
Cheesecloth

• • •

1 tablespoon salt
2 cups cold water

Dissolve the rennet tablets in 1 tablespoon warm water. In a 3-quart saucepan heat milk and rennet mixture together over medium-high heat about 8 to 10 minutes or till milk coagulates and whey (liquid) separates, stirring frequently. (Do not allow temperature to go above 210°.) Pour the curds and whey into a cheesecloth-lined colander; drain well. When cheese is just cool enough to handle (after 4 to 5 minutes), form cheese into 3 or 4 balls, squeezing additional

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THE OLD EL PASO MEAT 'N POTATO TACO

1 lb. ground beef
8 oz. frozen hash browns
½ medium onion, chopped
1 envelope **Old El Paso Taco Seasoning Mix**
Old El Paso Taco Sauce
1 10 oz. can **Old El Paso Tomatoes & Green Chilies**
12 Old El Paso Taco Shells
shredded lettuce
shredded cheddar cheese

Cook meat, hash browns and onions till meat is brown, onion tender. Stir in taco seasoning mix, Old El Paso tomatoes and green chilies. Simmer uncovered 10 minutes. Spoon meat mixture into heated taco shells, top with lettuce, cheese, taco sauce. Serves 12



THE OLD EL PASO QUICK FRANK KABOBS

2 4 oz. cans **Old El Paso Whole Green Chilies,** seeded and rinsed
8 frankfurters, cut crosswise in thirds
1 16 oz. can whole new potatoes, drained
¼ cup horseradish mustard
¼ cup catsup
¼ cup **Old El Paso Taco Sauce**
2 tbsp. cooking oil

Slit chilies lengthwise into 24 strips. Wrap strips around frankfurter piece. Thread meat and potatoes onto skewers. Mix mustard, catsup, taco sauce, oil. Grill Kabobs over medium coals 10 minutes, turning, brushing often with mustard sauce (or broil 4 inches from heat 6 to 8 minutes). Makes 4 to 6 servings.



THE OLD EL PASO TOSTADA SALAD

2 ripe avocados, mashed
1 tbsp. lime juice
1 tbsp. thinly sliced green onion
¼ cup dairy sour cream
¼ cup **Old El Paso Taco Sauce**
½ tsp. salt
1 tsp. cooking oil
1 16 oz. can **Old El Paso Refried Beans**
½ cup shredded cheddar cheese
6 Old El Paso Tostada Shells
3 cups shredded lettuce
1 cup chopped tomato
6 slices avocado

Mix avocado, lime juice, onion. Blend in sour cream, taco sauce, salt. Chill. Heat refried beans in oil; stir in cheese till melted. On heated tostada shells divide and spread beans, then lettuce, tomatoes. Spoon avocado dressing over each. Top with avocado slice. Serves 6.

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File under Breads

Photographs: Dieter

Pancakes and Waffles

Orange Brunch Pancakes

You top these first-place pancakes with an easy orange-honey syrup—

1 cup packaged biscuit mix
1 cup quick-cooking rolled oats
1 tablespoon granulated sugar
1 tablespoon brown sugar
1½ teaspoons finely shredded orange peel
2 eggs
1 cup milk
2 tablespoons orange juice
½ teaspoon vanilla
1 recipe Orange-Honey Syrup

Stir together biscuit mix, oats, sugars, and peel. Beat together eggs, milk, juice, and vanilla with rotary beater. Add egg mixture to flour mixture; stir till blended. Let stand 5 minutes. For each pancake, pour about ¼ cup batter onto hot, lightly greased griddle. Cook over medium-low heat about 3 minutes or till golden brown, turning once. Pass hot Orange-Honey Syrup. Garnish with halved orange slices, if desired. Makes 12 pancakes.

To make Orange-Honey Syrup: In small saucepan combine 1 cup **granulated sugar,** ½ cup **water,** 1½ teaspoons finely shredded **orange peel,** and 2 tablespoons **orange juice.** Bring to boiling, stirring constantly. Reduce heat; simmer, uncovered, 10 minutes. Stir in ½ cup **honey** and 2 tablespoons **butter** or **margarine;** bring to boiling. Remove from heat.

Mrs. Jean Rudder, Knoxville, TN



File under Casseroles and one-dish meals

Buying information, page 203

Skillet Suppers

Skillet Chicken Risotto

Top honors go to this colorful family-style one-pan dish—

1 2½- to 3-pound broiler-fryer chicken, cut up
2 tablespoons cooking oil
¾ cup long grain rice
½ cup chopped onion
2 teaspoons salt
1 teaspoon poultry seasoning
8 ounces fresh mushrooms, sliced (3 cups)
4 medium carrots, peeled and bias-sliced ½ inch thick (2 cups)
2 cups water
Paprika
Cherry tomatoes

In a 10-inch skillet brown chicken pieces on all sides in hot oil about 15 minutes. Remove chicken pieces. Drain all but 2 tablespoons fat from skillet. To skillet add rice, onion, salt, and poultry seasoning. Cook and stir till rice is lightly browned. Add mushrooms, carrots, and water; place chicken atop rice mixture. Season chicken with additional salt and pepper. Sprinkle with paprika. Cover; simmer 45 minutes or till chicken and rice are done. Garnish with halved cherry tomatoes, if desired. Makes 4 servings.

Diane P. Stevens, Bloomington, IN



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Lamb and Bulgur Skillet

You'll find bulgur wheat in the cereal section of your supermarket, or in a specialty food store—

1 pound boneless lamb, cut in ¾-inch cubes
2 tablespoons olive *or* cooking oil
2 cups chicken broth
½ cup sliced green onion
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon dried oregano, crushed
Dash pepper
1 cup bulgur wheat
2 medium zucchini, halved lengthwise and sliced (3 cups)

In a 10-inch skillet brown lamb in hot oil. Add chicken broth, onion, garlic, salt, oregano, and pepper. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Add bulgur; cover and simmer 15 minutes longer. Add zucchini; cover and simmer 10 minutes more or till bulgur and meat are tender. Makes 4 servings.

Sherry Golden, Brookline, MA



Spicy Pork 'n Sausage Dinner

6 pork chops, cut 1 inch thick
¼ cup all-purpose flour
2 teaspoons caraway seed
1½ teaspoons salt
3 tablespoons cooking oil
3 medium potatoes, peeled and cut in chunks
4 ounces knockwurst, diced
1 cup chopped celery
½ cup chopped onion
2 small sweet pickles, finely chopped
1 cup beef broth
⅓ cup tomato paste
¼ teaspoon pepper

Trim fat from chops. Combine flour, caraway seed, and salt. Coat both sides of chops with flour mixture. In a 12-inch skillet brown chops in hot oil; drain off excess fat. Add potatoes, knockwurst, celery, onion, and sweet pickles. Blend beef broth into tomato paste along with pepper; pour over vegetables and chops. Simmer, covered, 40 minutes or till vegetables are tender. Skim off excess fat. Serves 6.

John H. Parsons, St. Petersburg, FL



Whole Wheat Oven Pancakes

You bake these pancakes all at one time—

1 cup whole wheat flour
1 cup whole bran cereal
⅓ cup wheat germ
1½ teaspoons baking powder
½ teaspoon baking soda
1 egg
1 cup buttermilk
¼ cup hot water
¼ cup cooking oil
¼ cup honey

In medium bowl stir together whole wheat flour, bran cereal, wheat germ, baking powder, and baking soda. Add egg, buttermilk, hot water, oil, and honey. Beat with rotary beater till well blended. Spread batter evenly in a greased 15x10x1-inch baking pan. Bake in 425° oven for 12 minutes. Cut into rectangles. Serve at once with butter and jam or syrup, if desired. Makes 8 to 10 pancakes.

Joan LeViness, Winsted, CT



Chocolate Pecan Waffles

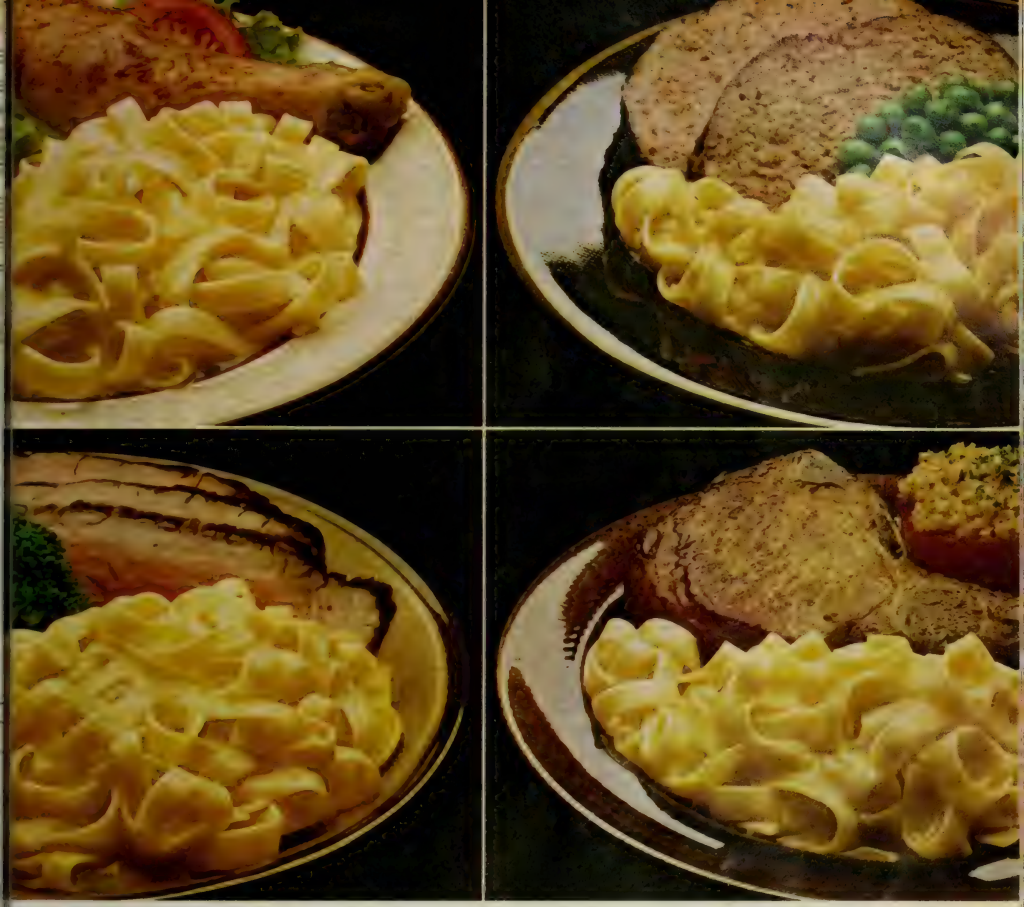
The fudgey taste and texture of these pancakes make them perfect for a special dessert—

1 4-serving-size package *regular* chocolate pudding mix
1 cup all-purpose flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon salt

• • •

2 beaten eggs
⅔ cup milk
½ cup butter *or* margarine, melted
1 cup chopped pecans
Ice cream
Chopped pecans

In a medium bowl combine pudding mix, flour, sugar, baking powder, and salt. In another bowl combine the eggs, milk, and melted butter or margarine. Add egg mixture to dry ingredients along with pecans; mix well. Pour ¼ to ⅓ cup batter on each square of preheated waffle iron. Bake 2 to 3 minutes. Serve warm with ice cream atop. Sprinkle with additional chopped pecans, if desired. Makes 8 to 10



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New Lipton Egg Noodles & Sauce. It's the delicious, 7 minute, one-pot side dish that fits perfectly with everything!

begins on page 140

Ground meat

Ground meat know-how

Here's a complete guide to choosing and using the type of ground meat that's tailored to your needs. In addition to providing shopping tips, we've included storage suggestions, recipe hints, and how-to's for grinding your own meat.

Shopping tips

- Watch supermarket specials for the best ground meat buys. Often there are price differences between various types of ground meat, depending on the consumer demand and the available supply.
- Ground raw turkey is most often found in the frozen meat section of supermarkets, but can be purchased fresh in some areas.
- If you like to combine several ground meats in a recipe, such as a meat loaf, look for packages containing two or three different ground meats that have been wrapped together for that specific purpose.
- Ground beef is the only type of ground meat whose fat content is regulated by federal and state laws. By law, ground beef is at least 70 percent lean. Some package labels will carry the statement "not less than X percent lean," but this type of labeling is strictly voluntary.
- Ground beef may be labeled with the cut of meat that was used, either ground chuck, ground sirloin, or ground round. When this information isn't given, this rule of thumb will help you judge the fat content: ground chuck usually contains the most fat, and ground round the least.
- Since there also are no standards for labeling the fat content of ground pork, veal, lamb, and ham, you can expect their fat content to vary more than ground beef's. Some supermarkets will indicate the fat content of these ground meats on the labels, just as is done with ground beef.

Storage tips

- Of all meat cuts, ground meats are the most subject to spoilage, since grinding exposes more surface area to the air and the microorganisms that cause spoilage. Store prepackaged ground meat in the refrigerator for up to two days maximum, or in the freezer for up to two weeks in the store wrapper. For longer storage, rewrap the meat in moisture-vaporproof material, then seal, label, and freeze. Refer to the chart below for maximum storage times for all types of ground meat.

Storage for ground meats

Type	Refrigerator	Freezer
ground beef, veal, lamb, or turkey	1 to 2 days	3 to 4 months
ground pork	1 to 2 days	1 to 3 months
ground ham	1 to 2 days	1 month

- If you like, shape your favorite ground meat into meatballs or patties before freezing the meat. Wrapping the meat in individual portions lets you thaw only the amount you need and greatly reduces thawing time.
- Seasoning ground meats before freezing them shortens by several weeks the time that the meat can be frozen without a loss of flavor. In particular, salting the meat draws moisture to the surface so the meat is less juicy when it's cooked.
- Discard any ground meat that is dull gray, has an off-odor, or feels sticky. But don't think that a package of fresh ground meat that is darker in color on the surface is unfit to eat. The meat has simply undergone a natural color change that occurs when the meat is exposed to the air.

Using ground meats in recipes

- For low-calorie diets, choose the ground meats lowest in fat: ground turkey, veal, lamb, and beef round.
- Since ground turkey, veal, and very lean beef contain little fat, you may have to add a bit of cooking oil to the skillet when browning them with chopped onion or other ingredients.
- Watch the consistency of meat mixtures in which ground turkey is used. Its moisture content can vary somewhat. You may have to use 1 to 2 tablespoons less liquid in your recipe to compensate for the softer turkey meat.
- Using cooked ground ham in recipes that require precooked meat is extra convenient because you can skip the step of browning the meat. If you're substituting cooked ground ham for another ground meat in a recipe, simply add 2 cups of fully cooked ground ham for each pound of ground meat, and omit cooking the meat.
- If you're substituting ground cooked ham for ground meat in a recipe, remember to decrease the salt, since cooked ham already has salt added.
- Unlike other ground meats, ground pork must be cooked thoroughly to an internal temperature of 170° before eating. So when you're using ground pork in a meat loaf, burgers, or any recipe that's cooked to desired doneness, always cook till well done.
- In our recipes that call for any type of ground meat, the seasonings used will adapt to whatever ground meat you choose. But you can also add a complementary seasoning to accentuate the flavor of the ground meat you're using. Ground pork is enhanced by ground cloves, garlic, ginger, mustard, oregano, sage, or thyme. Ham takes on real character when you add mustard, allspice, cinnamon, cloves, or ginger. Ground beef and veal take well to basil, cumin, chili powder, curry, dill, garlic, marjoram, mustard, oregano, or thyme. Mix fresh mint, rosemary, oregano, savory, or thyme with ground lamb. Perk up ground turkey with orange or lemon peel, rosemary, sage, thyme, tarragon, or saffron.

Grinding your own

- You can sometimes save money by grinding your own meats, especially if you buy large economy cuts when they're on special. Furthermore, you can control the amount of fat that's in the meat by trimming the cut before it's ground. But don't remove all the fat; some is needed to ensure juiciness when the meat is cooked. Home-ground meat's flavor and texture may differ somewhat from its store-bought counterpart's, because the meat sold commercially is ground in large batches according to a master "recipe."
- The less tender cuts of meat are ideal for grinding, since the process breaks down the tough fibers and drastically shortens the cooking time. Here are some guidelines on choosing meat cuts for grinding:

  Ground beef—Use cuts from the chuck, such as an arm or blade pot roast, or a cross rib pot roast. Also, use bottom round cuts or shank cuts such as stew meat.

  Ground veal—Use the same meat cuts for ground veal as you would for ground beef.

continued

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SPAM ENCHILADA

One 1-3/8 oz. envelope enchilada sauce mix
One 15-oz. can tomato sauce
1/4 cup water
6 to 8 flour or corn tortillas, sautéed in butter
Grated Cheddar cheese
One 12-oz. can SPAM® Luncheon Meat, diced

Combine sauce mix, tomato sauce, and water until smooth; add SPAM. Place a generous spoonful of SPAM mixture in center of each tortilla. Roll tortilla and place, seam side down, in shallow baking dish. Top with remaining SPAM mixture, then grated cheese. Bake in preheated 350° oven for 20-25 minutes. Garnish with sliced green onions. Serve with rice. Makes 3-4 servings.



A LOT OF MEALS.
BUT NOT A LOT OF MONEY.
Hormel

continued

Ground meat

Ground pork—You can use roasts from the shoulder, such as a shoulder arm picnic, or a shoulder blade Boston roast, or steaks from the shoulder. Or use pork jowls, or boneless stew meat.

Ground ham—Grind your own ham from any cut that is labeled "fully cooked," or use a cooked canned ham or leftover cooked ham.

Ground lamb—Use the meat from shoulder cuts, the arm and blade, or boneless cubed lamb.

Ground turkey—Grind any portion of the raw, boned bird.

- If you own a meat grinder, follow the manufacturer's instructions for use. A food processor can also be used with satisfactory results, but it takes practice to determine just when the meat has been processed enough.
- To grind meat in the food processor, cut meat into uniform 1-inch cubes, trimming away all gristle and bone. Use the steel blade to process about 1 cup (½ pound) at a time. For uniform grinding, especially if you're combining the meat with other ingredients, use on/off turns to avoid overprocessing.

Looking for more ways to prepare hamburger and other popular ground meats? Now there's a new book to help you—the *Better Homes and Gardens* "All-Time Favorite Hamburger and Ground Meats Recipes." This 96-page book features more than 185 recipes for ground beef, pork, ham, veal, turkey, chicken, and sausage. It's available for $3.95 wherever books are sold.

CARROT-PINWHEEL MEAT LOAF

Thyme and garlic flavor the meat—

1½ cups shredded carrots (½ pound carrots)
1 medium onion, chopped (½ cup)
1 tablespoon butter *or* margarine
¼ teaspoon salt

• • •

1 beaten egg
2 tablespoons milk
1½ cups soft bread crumbs (2 slices bread)
¾ teaspoon salt
¾ teaspoon dried thyme, crushed
Dash garlic powder
Dash pepper
1½ pounds ground beef, pork, veal, lamb, turkey, *or* 3 cups fully cooked ground ham (about 15 ounces)

• • •

1 16-ounce jar spiced crab apples
⅓ cup pineapple preserves
1 teaspoon prepared mustard
Parsley sprigs (optional)

Cook carrot, uncovered, in a small amount of boiling salted water for 5 minutes or till crisp-tender; drain. Meanwhile, cook onion in butter or margarine till tender but not brown. In a small bowl combine the cooked carrots, *half* of the onion, and the ¼ teaspoon salt; set aside.

In a large bowl combine the egg, milk, bread crumbs, remaining onion, the ¾ teaspoon salt, the thyme, garlic powder, and pepper; add meat and mix well. On waxed paper pat meat mixture to a 10x8-inch rectangle. Spread carrot mixture atop meat to within 1-inch of all edges. Roll up meat and carrot mixture jelly-roll fashion, starting at narrow end, peeling off waxed paper as you roll. Press seam and ends to seal. Place loaf, seam side down, in a shallow baking pan. Bake in 350° oven for 1 hour; drain off any excess fat.

Meanwhile, drain juice from spiced crab apples (should have about 1 cup liquid) into a small saucepan. Stir in pineapple preserves and mustard; bring to boiling. Cook, uncovered, about 15 minutes or till mixture is reduced by half, stirring occasionally. Spoon glaze over loaf; bake 15 minutes more. Let stand 10 minutes for easier slicing. Place on serving platter; garnish with spiced crab apples and parsley sprigs, if desired. Makes 6 servings.

SIX-WAY CROQUETTES

If you're frying the croquettes in several batches, be sure to allow time between batches for the oil to return to frying temperature—

1 pound ground beef, pork, lamb, veal, turkey, *or* 2 cups fully cooked ground ham (about 10 ounces)
1 tablespoon cooking oil
3 tablespoons butter *or* margarine
¼ cup all-purpose flour

continued



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continued

Ground meat

¾ cup milk
1 teaspoon grated onion
½ cup fine dry bread crumbs
1 beaten egg
2 tablespoons water
Cooking oil for deep-fat frying
1 recipe Dilled Egg Sauce (see recipe far right)

In medium skillet cook ground meat in 1 tablespoon hot oil till done, stirring constantly to break meat into fine pieces; drain well. (Cook pork 10 to 12 minutes or till thoroughly cooked. If using cooked ground ham, omit this step.)

In a 1-quart saucepan melt butter or margarine; stir in flour. Add milk all at once. Cook and stir till mixture thickens and bubbles; cook and stir 2 minutes more. Stir in cooked meat and onion. Cover and chill thoroughly. Divide mixture into 12 balls. Roll balls in bread crumbs; shape into cones by rolling with palm of hand. Dip cones into a mixture of the egg and water; roll in crumbs again. Fry in deep hot oil (365°) for 1½ to 2 minutes or till heated through, turning once. Drain on paper toweling. Keep warm till all cones are fried. Serve with Dilled Egg Sauce. Makes 4 or 5 servings.

To make Dilled Egg Sauce: In a small saucepan melt 2 tablespoons *butter* or *margarine*. Blend in 2 tablespoons *all-purpose flour*, 1 tablespoon *prepared mustard*, ½ teaspoon *salt*, ½ teaspoon *dried dillweed*, dash *pepper*, and dash *ground nutmeg*. Stir in 1¼ cups *milk* all at once. Cook and stir till mixture thickens and bubbles; cook 2 minutes more. Stir in 1 *hard-cooked egg*, chopped. Heat through, but *do not boil*. Makes 1½ cups sauce.

MEATBALLS STROGANOFF

If you're using the ground turkey option, omit the 2 tablespoons milk in the meat mixture—

1 beaten egg
2 tablespoons milk
1 cup soft bread crumbs (1½ slices bread)
2 tablespoons finely chopped onion
¾ teaspoon salt
1 pound ground beef, pork, lamb, veal, or turkey
1 tablespoon cooking oil

• • •

1 can condensed golden mushroom soup
1 3-ounce can sliced mushrooms, drained
½ cup plain yogurt
½ cup milk
¼ cup dry white wine
2 tablespoons all-purpose flour
Hot cooked spaetzle or noodles
Snipped parsley

In mixing bowl combine egg, the 2 tablespoons milk, the bread crumbs, onion, and salt. Add meat; mix well. Shape mixture into twenty-four 1½-inch meatballs. In skillet brown the meatballs in hot oil; remove and set aside. Drain fat from skillet. In same skillet combine soup and mushrooms. Stir together yogurt, the ½ cup milk, the wine, and flour; stir into soup mixture. Bring mixture to boiling. Return meatballs to skillet. Reduce heat and simmer, covered, for 10 minutes or till meatballs are cooked. Serve with hot cooked noodles or spaetzle; garnish

continued

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RUITED RICE SALAD

-oz. can pineapple
hunks
an Tender Chunk® ham,
hicken or turkey, flaked
ith fork
2 cups cooked rice, cooled
½ cup grapes or diced apple
½ cup sliced celery
¼ cup chopped nuts
¼ teaspoon seasoned pepper
½ cup mayonnaise

Drain pineapple; reserve 3 tablespoons juice. Combine all ingredients except yonnaise; mix well. Chill. Arrange on salad greens, if desired. Top with mayonnaise. ss lightly before serving. Makes 4 servings.

RICE
© Rice Council of America

Hormel

continued

Ground meat

with snipped parsley. Makes 4 to 6 servings.

CHOOSE-YOUR-MEAT CHILI IN BREAD BOWLS

If you like, sprinkle shredded cheese atop each serving—

1½ pounds ground beef, pork, lamb, veal, *or* turkey
1 large green pepper, chopped (1 cup)
1 large onion, chopped (1 cup)
2 15½-ounce cans red kidney beans, drained
1 28-ounce can tomatoes, cut up
1 15-ounce can (2 cups) tomato sauce
1½ cups water
2 tablespoons chili powder
2 tablespoons Worcestershire sauce
1 tablespoon honey
1 teaspoon salt
½ teaspoon dried basil, crushed
½ teaspoon ground cinnamon
¼ teaspoon ground allspice
1 large bay leaf
1 recipe Cheese Bread Bowls (see recipe right)

In a 4-quart Dutch oven or large saucepan cook ground meat with green pepper and onion till meat is browned and vegetables are tender. Drain off excess fat. Add kidney beans, *undrained* tomatoes, tomato sauce, water, chili powder, Worcestershire sauce, honey, salt, basil, cinnamon, allspice, and bay leaf. Simmer, uncovered, for 30 minutes. Cover; simmer one hour longer or till desired consistency, stirring occasionally. Serve in Cheese Bread Bowls. Makes 6 to 8 servings.

CHEESE BREAD BOWLS

You can bake these up ahead of time and reheat just before serving—

4 to 4½ cups all-purpose flour
1 package active dry yeast
1½ cups milk
1 tablespoon sugar



1 teaspoon salt
2 cups shredded American cheese (8 ounces)
1 egg yolk
1 tablespoon water

In large mixer bowl combine *2 cups* of the flour and the yeast. In saucepan heat together milk, sugar, and salt just till warm (115° to 120°). Add warm liquid to flour mixture along with cheese. Beat at low speed of electric mixer ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface; knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (about 6 to 8 minutes.) Place dough in greased bowl; turn once to grease surface. Cover; let rise in warm place till double (about 1½ hours).

Punch down dough; divide into 8 portions. Shape each into a smooth ball. Cover; let rest 10 minutes.

For each bowl, roll a ball of dough into a 6-inch circle. Fit dough circles over the bottoms of 8 well-greased 5-inch foil tart tins, or 10-ounce custard cups. Arrange on baking sheets. Bake in 375° oven for 10 minutes. (If dough begins to puff up, press down gently with pot holder.) Remove from oven; with a narrow metal spatula carefully remove bread from pans; invert right side up on baking sheet. Brush inside of bowls and rims with a mixture of the egg yolk and water. Bake 5 minutes; invert bowls and bake 4 minutes longer to brown edges. Cool on wire rack. Before serving chili, reheat bowls on a baking sheet, covered with foil, in a 350° oven for 5 to 10 minutes. Makes 8 bowls.

EASY TWO-CRUST PIZZA

Cornmeal gives the top and bottom crusts extra crispness—

2 16-ounce loaves frozen Italian *or* wheat bread dough, thawed
1½ pounds ground beef, pork, lamb, *or* veal

continued

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh fruit (sliced strawberries, peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional
1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained.
1 can (8¼ oz.) crushed pineapple, drained



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continued

Ground meat

1 medium onion, thinly sliced (½ cup)
2 tablespoons cornmeal
1 cup grated Parmesan cheese
1 6-ounce can sliced mushrooms, drained
8 ounces sliced mozzarella cheese
1 small green pepper, seeded and thinly sliced into rings
1 15½-ounce jar extra thick spaghetti sauce
2 teaspoons dried thyme, crushed
1 teaspoon fennel seed, crushed
Milk
Cornmeal

Shape each loaf of bread dough into a ball; cover and let rise according to package directions till nearly double. Punch dough down; cover and let rest 10 minutes.

Meanwhile, in large skillet cook ground meat and onion till meat is browned; drain well. On floured surface roll *half* of the dough to a 13-inch circle. (If necessary, let dough rest a few minutes more for easier rolling.) Grease a 12-inch pizza pan; sprinkle with the 2 tablespoons cornmeal. Fit dough into prepared pan. Sprinkle dough with *½ cup* of the Parmesan cheese. Top with the meat-onion mixture, mushrooms, cheese slices, and green pepper. Spoon spaghetti sauce over; sprinkle with thyme, fennel, and the remaining Parmesan. Roll remaining dough to a 13-inch circle; place over filling. Fold extra dough under bottom crust, pinching to seal. Flute edge, if desired. Cut slits in top crust for escape of steam. Bake in 400° oven for 15 minutes. Brush top crust with milk; sprinkle with a little cornmeal. Bake 15 minutes more or till top is well browned. Let stand 10 to 15 minutes before cutting into wedges. Makes 10 servings.

OPEN-FACE PITAS

This is a knife-and-fork sandwich—

¼ cup salad oil
3 tablespoons dry red wine
2 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon dried basil, crushed
½ teaspoon salt
2 large pita bread rounds, halved horizontally
1 10-ounce package frozen chopped spinach
½ teaspoon ground nutmeg
1 pound ground beef, pork, lamb, veal, *or* turkey
1 clove garlic, minced
Assorted toppers (crumbled feta cheese, chopped tomato, chopped hard-cooked egg, sliced pitted ripe olives, thinly sliced onion rings)

In a screw-top jar combine oil, red wine, lemon juice, sugar, basil, and salt. Cover and shake well. Place pita bread halves on a baking sheet; toast in a 350° oven for 8 to 10 minutes. Meanwhile, cook spinach according to package directions; drain and press out excess liquid. Stir in nutmeg; cover and keep warm. In a 10-inch skillet brown ground meat with garlic; drain off excess fat. Season to taste with *salt* and *pepper*.

To assemble, top each pita round (interior side up) with one-fourth of the spinach, then one-fourth of the meat. Sprinkle with assorted toppers as desired. Shake dressing and pass. Serve immediately. Makes 4 servings.

MEAT-STUFFED SWEETS

Baked white potatoes will also work in this recipe—

4 large sweet potatoes (about 2 pounds)
• • •
1 pound ground beef, pork, lamb, veal, *or* 2 cups fully cooked ground ham (about 10 ounces)
1 medium apple, peeled, cored, and chopped (1 cup)
¼ cup sliced green onion
½ teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon pepper
About 2 tablespoons orange juice
Orange slices, halved (optional)
Parsley sprigs (optional)

Scrub and prick potatoes; bake in a 425° oven for 50 to 60 minutes or till done. Remove potatoes; reduce oven to 350°.

Meanwhile, in a 10-inch skillet cook ground meat (except for ham) with apple and chopped onion till meat is browned and onion is tender. (If you're using the cooked ground ham, cook the apple and onion in 1 tablespoon hot *cooking oil* till onion is tender; remove from heat and stir in ham.)

Cut a slice from the top of each potato. Scoop out center into mixing bowl, leaving a ¼-inch-thick shell. Reserve shells and set aside. In bowl beat together potatoes, salt, cinnamon, pepper, and enough orange juice to make a fluffy consistency. Fold in meat mixture. Season to taste with additional salt and pepper. Pile mixture into potato shells. Place shells in shallow baking pan; cover loosely with foil. Bake in 350° oven for 35 to 40 minutes or till heated through. Garnish with halved orange slices and sprigs of parsley, if desired. Makes 4 servings.

PARMESAN MEAT PUFF

You can substitute cut green beans for the Italian green beans—

1 9-ounce package frozen Italian green beans
1 pound ground beef, pork, lamb, veal, turkey, *or* 2 cups fully cooked ground ham (about 10 ounces)
3 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1 teaspoon chili powder
½ teaspooon salt
1 cup milk
½ cup shredded cheddar cheese (2 ounces)
1 tablespoon chopped canned pimiento, drained
• • •
3 egg yolks
⅛ teaspoon salt
3 egg whites
2 tablespoons grated Parmesan cheese

Cook Italian green beans according to package directions; drain and set aside. In a large saucepan brown ground meat (except ham). Drain off excess fat; set meat aside. In the same saucepan melt butter or margarine; stir in flour, chili powder, and the ½ teaspoon salt. Add milk all at once; cook and stir till thickened and bubbly. Stir in the cheddar cheese till melted. Stir in cooked meat, cooked beans, and pimiento; heat till bubbly again. Spoon meat mixture into the bottom of an ungreased 8½x1½-inch quiche dish or 8-inch round baking dish.

In small mixer bowl beat egg yolks and the ⅛ teaspoon salt till thick. Wash beaters thoroughly. Beat egg

continued



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Shape meat mixture into 4 patties about 3 inches in diameter; flatten slightly. Wrap 2 breakfast strips around each patty; secure with wooden picks. Place patties on unheated rack of broiler pan; broil 3 to 4 inches from heat till desired doneness (4 to 5 minutes per side for medium), turning once. (Cook pork burgers 6 to 7 minutes per side for well done.)

Meanwhile, prepare Sour Cream Sauce. Spoon some of the sauce into mushroom caps, if desired. Place meat patties atop bread slices on serving platter with filled mushroom caps. (Pass remaining sauce to serve with meat.) Garnish platter with curly endive, if desired. Makes 4 servings.

SOUR CREAM SAUCE

Try this another time on baked potatoes—

2 tablespoons dry white wine
1 tablespoon lemon juice
2 tablespoons thinly sliced green onion
1 teaspoon snipped parsley
¼ teaspoon dried tarragon, crushed
½ cup dairy sour cream
1 egg yolk

In a small saucepan combine wine and lemon juice; add onion, parsley, and tarragon. Bring to boiling; boil, uncovered, about 2 minutes or till reduced by half. Meanwhile, stir together the sour cream and egg yolk. Stir wine mixture into sour cream mixture. Return all to saucepan; cook and stir till heated through. *Do not boil.* Makes about ¾ cup sauce.

continued

Ground meat

whites to stiff peaks (tips stand straight). Fold egg yolks into egg whites; spread over hot meat mixture in dish. Sprinkle grated Parmesan cheese atop. Bake in 350° oven for 20 to 25 minutes or till egg mixture is golden brown. Serve puff immediately. Makes 6 servings.

TAKE-YOUR-CHOICE BURGERS

Breakfast strips are a cured, preformed pork product very similar to bacon. However, the breakfast strips are leaner than bacon and shrink less—

1 teaspoon instant beef bouillon granules
½ cup hot water
½ cup finely crushed saltine crackers (14 crackers)
½ teaspoon seasoned salt
⅛ teaspoon pepper
1 pound ground beef, pork, lamb, *or* veal

• • •

8 pork breakfast strips
1 recipe Sour Cream Sauce (see recipe right)
4 large mushroom caps (optional)
4 thin slices French *or* white bread, toasted
Few pieces curly endive (optional)

In a mixing bowl dissolve bouillon granules in hot water. Stir in cracker crumbs, salt, and pepper. Add ground meat; mix well. Remove rack from broiler pan. Preheat broiler.



DOUBLE-DECKER DINNER

Serve hot squares of this hearty dish with a crisp, green salad or relishes to round out the meal—



1 beaten egg
½ cup tomato juice
1½ cups soft bread crumbs (2 slices bread)
¾ teaspoon salt*
Dash pepper
1 pound ground beef, pork, lamb, veal, turkey, *or* 2 cups fully cooked ground ham (about 10 ounces)
1 10-ounce package frozen chopped broccoli
1¼ cups boiling water
1 cup quick-cooking rice
1½ teaspoons minced dried onion
1 teaspoon salt
1 cup milk
1 cup shredded American cheese (4 ounces)
2 beaten eggs

In mixing bowl combine the first beaten egg, the tomato juice, bread crumbs, the ¾ teaspoon salt,* and the pepper. Add meat; mix well. Pat meat evenly in the bottom of an ungreased 8x8x2-inch baking pan or dish. Bake in 350° oven for 20 minutes; spoon off any excess juices.

Meanwhile in a 1½-quart saucepan cook broccoli in the 1¼ cups boiling salted water according to package directions. *Do not drain.* Stir in rice, onion, and the 1 teaspoon salt; bring to boiling. Remove from heat. Cover and let stand 5 minutes. Stir in milk, *half* the cheese, and the 2 beaten eggs. Spread over baked meat. Return to oven; bake 30 minutes more or till rice mixture is firm. Sprinkle remaining cheese atop. Let stand 10 minutes before serving. Makes 6 servings.

**Note:* If using ground ham, decrease salt in meat mixture to ¼ teaspoon.

BAVARIAN MEAT RING

You can bake this newfangled meat loaf conventionally or in your microwave oven—

2 beaten eggs
½ cup apple juice
1½ cups soft rye bread crumbs
½ cup finely chopped onion
1½ teaspoons salt
1 teaspoon dried sage, crushed
2 pounds ground beef, pork, lamb, *or* veal
Paprika

• • •

1 27-ounce can sauerkraut
2 medium carrots, peeled and shredded (¾ cup)
½ cup apple juice

continued

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continued

Ground meat



2 tablespoons brown sugar
2 teaspoons caraway seed

In mixing bowl combine eggs, the first ½ cup apple juice, the bread crumbs, onion, salt, and sage. Add meat; mix well. Pat the mixture into a 5½-cup ring mold; unmold into a shallow baking pan. Sprinkle with paprika. Bake in 350° oven for 45 to 55 minutes.

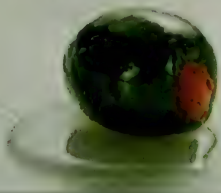
Meanwhile, in a 2-quart saucepan stir together *undrained* sauerkraut, carrots, the second ½ cup apple juice, the brown sugar, and caraway seed. Bring mixture to boiling; reduce heat and simmer, uncovered, 20 minutes. Remove meat from oven; place on serving plate. Drain sauerkraut mixture, if necessary; spoon mixture into center of ring. Makes 6 to 8 servings.

Microwave method: Prepare meat mixture as directed above; pat mixture into a 5½-cup ring mold. Unmold onto a shallow nonmetal baking dish. Cover with waxed paper; micro-cook in counter-top microwave oven on HIGH for 7 minutes, giving dish a half-turn once. Drain off excess fat; cook, covered, 7 minutes more. Cover and let stand 10 minutes. Brush loaf with a little *Kitchen Bouquet,* if desired.

In a 2-quart nonmetal casserole stir together sauerkraut mixture as directed above; cover and cook on HIGH for 8 minutes, stirring once. Place meat loaf on serving plate. Drain sauerkraut mixture; spoon into center of ring.

continued

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continued

Ground meat

ASPARAGUS-MUSHROOM MEAT PIE

Use a turkey baster to remove any excess fat from the meat—

1 slightly beaten egg
¼ cup chili sauce
2 tablespoons water
1 cup bite-size crisp bran squares, slightly crushed (¾ cup crushed)



2 tablespoons finely chopped onion
1 teaspoon salt
1½ pounds lean ground beef, pork, lamb, *or* veal
1 pound fresh asparagus, cut up *or* one 10-ounce package frozen asparagus cuts
1 cup fresh mushrooms, sliced
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1 teaspoon instant chicken bouillon granules
¾ cup water
¼ cup dry white wine

In a bowl combine the egg, chili sauce, the 2 tablespoons water, the bran, onion, and salt; let stand 5 minutes till cereal absorbs liquid. Add ground meat; mix well. Press meat mixture with the back of a spoon over bottom and sides of a 9-inch pie plate to form a shell. Cover with foil. Bake in 375° oven for 20 minutes. (Place a shallow baking pan on lower oven rack directly under pie to catch drippings.) Uncover; bake 15 minutes longer or till done. Let stand 5 minutes.

Meanwhile, cook fresh asparagus in a small amount of boiling, salted water for 8 to 10 minutes; drain. (Or, cook frozen asparagus in a small amount of boiling, salted water according to package directions; drain). In saucepan cook mushrooms in butter or margarine for 3 to 4 minutes or till tender. Blend in flour and bouillon granules. Stir in the ¾ cup water and the wine; cook and stir till thickened and bubbly. Remove fat from meat shell with turkey baster. Place upright on serving platter. Arrange asparagus in meat shell. Pour some of the mushroom sauce over all; pass remaining. Cut pie into wedges to serve. Makes 6 servings.

HEALTH BURGERS

If you like, you can substitute alfalfa sprouts for the wheat sprouts—

½ teaspoon instant beef bouillon granules
⅓ cup hot water
¼ cup wheat germ
½ teaspoon minced dried onion
1 pound ground beef, pork, lamb, *or* veal
1 cup shredded zucchini
1 cup wheat sprouts
¼ cup chopped walnuts



¼ cup bottled creamy cucumber salad dressing
4 whole wheat hamburger buns *or* 2 whole wheat pita bread rounds, split in half crosswise

In mixing bowl dissolve bouillon granules in hot water; stir in wheat germ and onion. Let stand a few minutes to dissolve bouillon. Add ground meat; mix well. Shape meat mixture into 4 patties, about 4 inches in diameter; flatten slightly. If using lamb or veal options, melt 2 tablespoons *shortening* in a 10-inch skillet. Cook patties over medium-high heat to desired doneness (about 12 to 13 minutes for medium), turning once. (Cook pork patties till well done, about 15 to 16 minutes.)

Meanwhile combine shredded zucchini, sprouts, walnuts, and salad dressing. Serve patties on buns or in pita bread rounds; top each with one-fourth of the zucchini mixture. Makes 4 servings.

BURGER BUNDLES

Next time, try sharp cheddar cheese or Swiss cheese inside these burgers—

1 slightly beaten egg
2 tablespoons finely chopped onion
½ teaspoon salt
Dash pepper
1 pound ground beef, pork, lamb, *or* veal
2 tablespoons sweet pickle relish
2 tablespoons catsup
½ cup shredded process American cheese (2 ounces)
⅔ cup crushed cornflakes

In a medium bowl combine egg, onion, salt, and pepper; add ground meat and mix well. Divide mixture into four portions; pat each to a 5x3-inch rectangle. Combine relish and catsup; spread one-fourth of the mixture to within ½ inch of edges of each rectangle. Top each with one-fourth of the shredded cheese. Bring long side of rectangles together; pinch edges and ends to seal. Roll each meat log in crushed cornflakes to coat well. Place logs, seam side down, in a 10x6x2-inch baking dish. Bake in 375° oven for 30 minutes. Makes 4 servings.



MARINATED BURGER-WICHES

As the ground meat marinates, it picks up the rich flavor of the wine and Worcestershire—

1 cup dry red *or* white wine
2 tablespoons sliced green onion

continued on page 176

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Miracle Whip
THE BREAD SPREAD

continued from page 173

Ground meat

- 1 teaspoon instant beef bouillon granules
- 1 teaspoon Worcestershire sauce
- 1½ pounds ground beef, pork, lamb, *or* veal
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 6 hamburger buns, split, toasted, and buttered
- Lettuce leaves

In a shallow baking dish stir together wine, green onion, bouillon granules, and Worcestershire sauce till bouillon granules are dissolved. Lightly mix ground meat, salt, and pepper. Shape mixture into 6 patties. Place in wine mixture in dish, turning to coat. Cover; marinate in refrigerator for 2 to 3 hours, turning several times. Drain patties well, reserving marinade. Place meat on rack of unheated broiler pan; broil 3 to 4 inches from heat for 5 minutes. Turn and broil to desired degree of doneness (about 4 minutes for medium), brushing with marinade once or twice. (For pork, broil 8 minutes; turn and broil 7 minutes more.) Serve on hamburger buns with lettuce. Makes 6 servings.





BARLEY-STUFFED MEAT LOGS

The barley stuffing is a nice change from rice—



- 1 beaten egg
- ½ of a 15½-ounce jar (1 cup) spaghetti sauce with mushrooms
- 1 tablespoon milk
- 2 tablespoons Italian-seasoned fine dry bread crumbs
- 2 tablespoons finely chopped onion
- ¾ teaspoon salt
- 1 pound ground beef, pork, lamb, *or* veal
- ¾ cup cooked barley (¼ cup uncooked)
- 2 tablespoons chopped green pepper
- 2 tablespoons dried oregano, crushed
- ⅛ teaspoon garlic salt

In a mixing bowl combine egg, *2 tablespoons* of the spaghetti sauce, the milk, crumbs, onion, and salt. Add

continued



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continued

Ground meat

meat; mix well. Pat meat mixture on waxed paper to a 10x6-inch rectangle; cut into four 5x3-inch strips. Combine barley, green pepper, oregano, garlic salt, and *2 tablespoons* of the spaghetti sauce. Spoon about *¼ cup* of the barley mixture down the center of each portion of the meat. Bring meat up around filling; seal. Place, seam side down, in an 11x7x2-inch baking dish. Bake in 400° oven about 20 minutes. Drain off fat; spoon some of the remaining tomato sauce mixture over each log. Bake 15 minutes more. Makes 4 servings.

STIR-FRY MEATBALL SKILLET

1 8¼-ounce can sliced pineapple
1 tablespoon soy sauce
2 tablespoons cornstarch
1 beaten egg
2 tablespoons water
2 tablespoons soy sauce
1½ cups soft bread crumbs
1 teaspoon minced dried onion
1 pound ground beef, pork, lamb, veal, *or* turkey
2 tablespoons cooking oil

• • •

2 cups bias-sliced celery
6 green onions, bias-sliced into 1-inch lengths
1 green pepper, cut into ¾-inch chunks
1 clove garlic, minced
1 10½-ounce can condensed beef broth
2 tablespoons dry sherry
1 tomato, cut into thin wedges
Chow mein noodles *or* hot cooked rice



Drain pineapple, reserving ⅓ cup syrup. Cut two of the pineapple slices into 24 pieces (12 pieces each); set aside. Reserve remaining slices for garnish, if desired, or another use. Blend the reserved syrup and the 1 tablespoon soy sauce into the cornstarch; set aside. In a bowl combine egg, water, the 2 tablespoons soy sauce, the bread crumbs, and dried onion. Add meat; mix well. With moistened hands, mold about 1 rounded tablespoon of the meat mixture around each piece of pineapple to make 24 meatballs. In a 12-inch skillet slowly brown meatballs in hot oil 8 to 10 minutes or till nearly done. Remove and set aside. If necessary, drain off all but 2 tablespoons of the drippings.

To the hot skillet add the celery, onions, green pepper, and garlic. Stir-fry 3 to 4 minutes or till vegetables are crisp-tender. Add broth, sherry, and soy mixture; cook and stir till thickened and bubbly. Return meatballs to skillet; reduce heat. Cover; cook 5 minutes more. Add tomatoes; cover and cook 1 to 2 minutes or till heated through. Serve over chow mein noodles or rice. Garnish with pineapple, if desired. Makes 4 servings.



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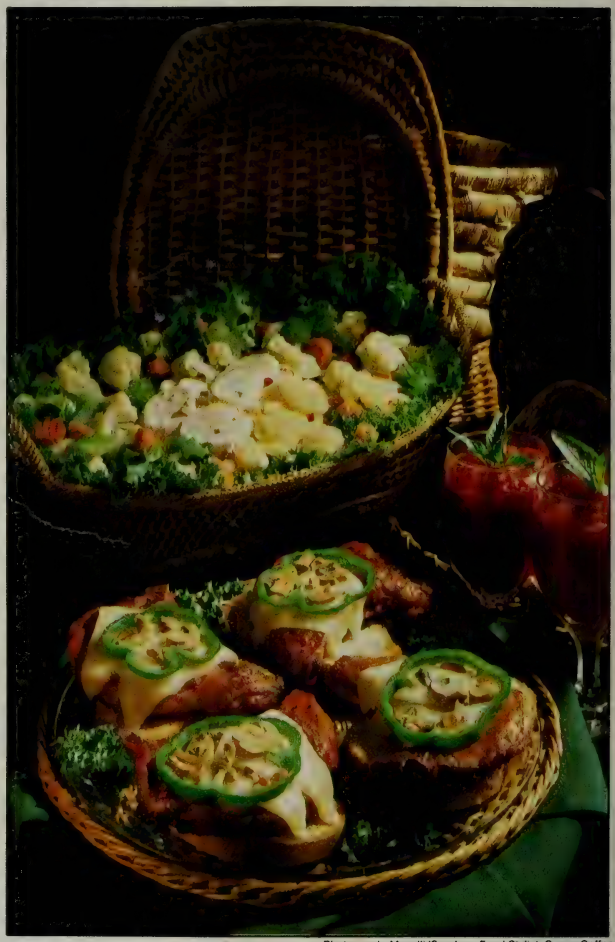
FIX IT FAST!

An Italian Dinner in 45 Minutes

. . . and for half the cost of a comparable restaurant meal

By Marlene Brown

With more and more demands on your time, you're probably finding that you have less and less time to spend in the kitchen. That's why we're starting this new series. It's specially designed to help you win the race against time *and* serve appetizing meals, no matter what kind of schedule you're on. We'll focus on family meals, easy entertaining ideas, budget tricks, no-cook plans, and more. Plus, we'll map out a plan of action that will make the timesaving recipes work for you. So from here on in, look to this series for fix-it-fast ideas!



Photograph: Maselli/Sanders. Food Stylist: Coena Coffee

Menu for Four

Pizza Pork Chops

Italian Potato Salad

Toasty Garlic Bread

Strawberry Ice

Beverage

This hearty Italian-style dinner includes a salad, meat, bread, and dessert—yet the whole repast goes together almost as fast as you can say "Mama Mia." It's not only a fast meal (45 minutes from start to finish—less with teamwork), but it's thrifty, too. You'd expect to pay twice as much for a comparable restaurant meal. And though our Mediterranean menu has been planned for four people, you can halve the recipes to serve a couple, or double them to satisfy eight people.

Our menu gets off to a rousing start with an Italian Potato Salad that calls for handy loose-pack frozen vegetables and canned potatoes. Broil Pizza Pork Chops along with the Toasty Garlic Bread, and serve the chops atop the bread for neat individual servings. You make Strawberry Ice in your blender and freezer-chill it during dinner.

Turn to page 182 for our how-to-do-it guide—including "What you'll need" and "Cleanup hints"—and the lickety-split recipes. We think you'll find that Italian dining, in your own abode, is as easy as it is enjoyable.

continued

Buying information page 203

CAN YOU RECOGNIZE YOUR POLISH?



Unretouched photos

You're looking at four of the best-selling polishes in America.

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continued

Fix it fast

What you'll need

- 4 thinly sliced pork chops
- Small bottle chili sauce
- Sliced mozzarella cheese
- Small green pepper
- 1 2-ounce can mushroom stems and pieces
- 1 loaf French *or* sourdough bread
- 1 package frozen loose-pack vegetables (combination of green beans, cauliflower, carrots, and broccoli, or desired combination)
- 1 bottle creamy Italian dressing
- 1 8-ounce carton plain yogurt
- 1 16-ounce can sliced potatoes
- Small head lettuce *or* 1 bunch desired greens
- 2 10-ounce packages frozen strawberries in syrup
- 1 0.41-ounce package unsweetened lemonade drink mix
- Also, be sure to have on hand: ice cubes, butter or margarine, and garlic salt or crushed dried herbs.

Cost-cutting tips

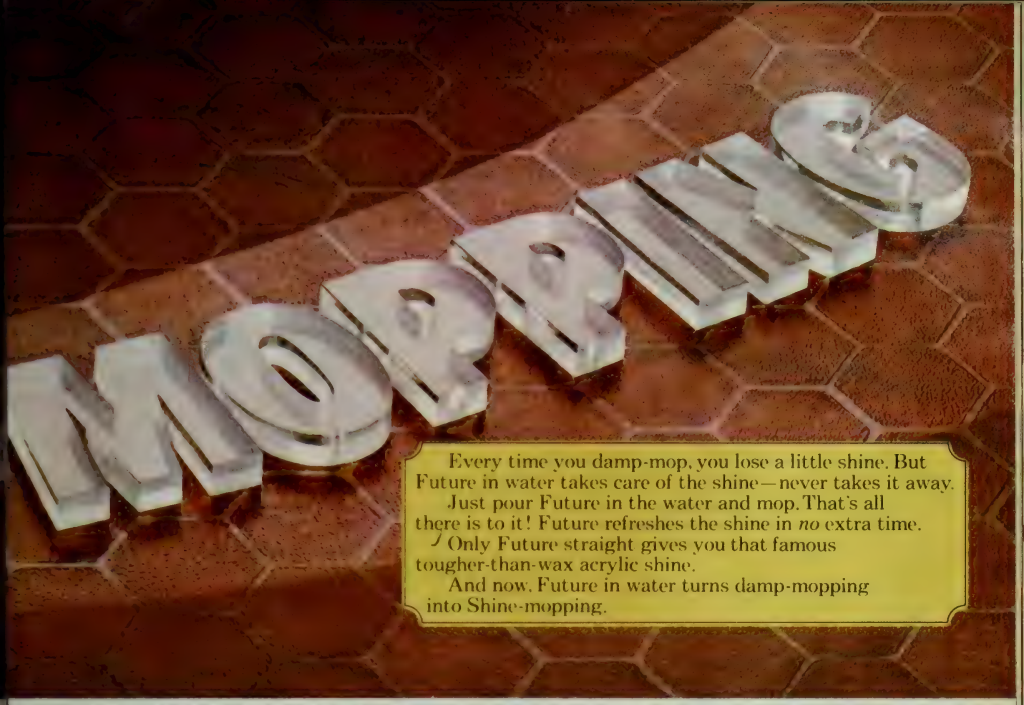
- Buy thinly sliced pork chops, packaged in family-size quantities. They usually cost less than regular pork chops, and they cook more quickly than thicker chops, too.
- Note that mushroom stems and pieces are cheaper than the sliced variety.
- Use day-old bread or budget bread for the Toasty Garlic Bread slices if you like.
- Comparison shop for the best value in frozen loose-pack vegetables. They come in a gamut of combinations and brands.
- For the salad, choose the greens that are the best buys.
- Be aware that the cost of frozen berries in syrup can vary widely between brands.

Kitchen countdown (Total time = 45 minutes)

1. Prepare Strawberry Ice.
2. Preheat broiler. Cook vegetables for Italian Potato Salad; marinate potatoes. Prepare greens.
3. Start broiling Pizza Pork Chops. Prepare Toasty Garlic Bread for broiling; set aside.
4. Turn chops and continue to broil. Meanwhile, assemble topping ingredients and complete the salad.
5. Place topping ingredients on chops; broil chops and bread.
6. Arrange chops atop bread slices on serving plates. Pour beverage.

Cleanup hints

- Line your broiler pan with foil before using to save cleanup later. After using the rack portion, cover it with moistened paper toweling—steam will loosen the grime while you're eating dinner.
- After making the dessert, speed up cleaning the blender by filling the container with warm water and adding a dash of detergent. Run the blender till clean; rinse. (If you're using a food processor, follow the manufacturer's directions.)
- Eliminate serving dishes by bringing filled dinner plates to the table.



STRAWBERRY ICE

There's no need to thaw the berries to make this instant sherbet—

2 10-ounce packages frozen strawberries in syrup
½ of a 0.41-ounce package (1½ teaspoons) unsweetened lemonade drink mix

• • •

1 cup ice cubes

Break up frozen berries with a fork; place in blender container or food processor along with drink mix. Cover and blend for ½ to 1 minute or till smooth. If necessary, stop blender and push mixture toward blades with a rubber spatula. Add ice cubes, one at a time, through hole in lid of blender or food processor tube; blend ½ to 1 minute more or till mixture is smooth and sherbet-like in texture. Spoon into sherbet dishes. Store in freezer till serving time. Garnish each serving with a sprig of fresh mint, if desired. Makes 4 servings.

ITALIAN POTATO SALAD

The name for the frozen vegetable mixture varies by brand—

1½ cups frozen loose-pack California-style mixed vegetables *or* other vegetable combination
¼ cup bottled creamy Italian salad dressing
¼ cup plain yogurt
1 16-ounce can sliced potatoes, drained
2 cups torn greens

Cook frozen vegetables, covered, in a small amount of boiling, salted water 2 to 3 minutes. Remove from heat; drain. Cover vegetables in pan with very cold water. Place pan in freezer. Combine dressing and yogurt; fold in drained potatoes. Chill. Place greens in serving bowl; chill. Just before serving, thoroughly drain vegetables. Add to greens; top with potato mixture; toss. Makes 4 servings.

PIZZA PORK CHOPS

Sliced olives make good toppers, too—

4 pork chops, cut ½ inch thick
4 slices mozzarella cheese (3 ounces)
¼ cup chili sauce
4 thin green pepper rings
1 2-ounce can mushroom stems and pieces, drained

Place chops on rack in broiler pan; sprinkle with *salt* and *pepper*. Broil chops, 3 to 4 inches from heat, for 8 to 10 minutes. Turn chops; broil 8 minutes more or till nearly done.

Meanwhile, halve cheese slices diagonally. Brush chops with chili sauce; top each with two cheese triangles. Place one green pepper ring and one-fourth of the mushrooms atop each chop. Broil for 1 to 1½ minutes more or till cheese melts. Serve atop or with hot slices of Toasty Garlic Bread (recipe below). Makes 4 servings.

TOASTY GARLIC BREAD

Next time, sprinkle the bread with your favorite crushed dried herbs—

4 slices French *or* sourdough bread, cut 1 inch thick
Butter *or* margarine
Garlic salt

Spread bread with butter or margarine. Sprinkle with garlic salt. Place bread slices on broiler pan with chops; broil on one side 3 to 4 inches from heat for 1 to 1½ minutes. Serves 4.



Nut Desserts

Holiday Postscripts

Do the holidays prompt you to prepare a favorite dessert that calls for nuts? Or, are you a wizard at recycling leftover poultry or meat from your holiday dinner? Send us your recipes—you could be a winner next December. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Nut Desserts

Your nut dessert idea could be a pudding, soufflé, parfait, or cobbler in which nuts are an important ingredient. Hints: **peachy pecan trifle, black walnut dessert squares, peanut-chocolate tortoni.**

Holiday Postscripts

Any main dish recipe that calls for leftover meat, poultry, or game is eligible. Is yours an all-purpose meat sauce served on rice or pasta? Tips: **turkey egg rolls, lamb souffle, beefed-up squash.**

THIS MONTH'S WINNERS

(See recipes on pages 155 and 156.)

Cooks-of-the-Month

Mrs. Jean Rudder, Knoxville, Tenn.
Diane P. Stevens, Bloomington, Ind.

Runners-up

Sherry Golden, Brookline, Mass.
Joan LeViness, Winsted, Conn.
John H. Powers, St. Petersburg, Fla.
Frances M. Stoskus, Baldwin Park, Calif.

Honor Roll

Lois Bolander, Firth, Idaho
Carrie Lee Coy, Celina, Tex.
Lynn Hughes, Quakertown, Pa.
Dorothy Johnson, Westmont, Ill.
Nadine Koshiol, Paynesville, Minn.
Jo Ann Manning, Middletown, Ohio
Genevieve Mowacki, Longueuil, Québec
Pearl L. Murray, Tampa, Fla.
Cindy Stern, Syracuse, N.Y.
Mrs. William Strieber, Crofton, Md.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Nut Desserts" or "December Holiday Postscripts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8005 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

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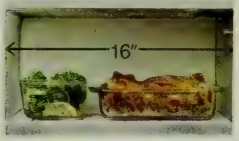
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GENERAL ELECTRIC

Kim Garretson

Good News

Spring cleaners



Giving your heating system a spring cleanup can make it run more efficiently the next time you turn it on. The aerosol soot destroyer and toss-in soot stick pictured here remove costly fuel-consuming soot from all types of heating units, including fireplaces and wood-burning stoves. The liquid boiler cleaner with silicone emulsifies oil and grease in boiler water, prevents rust, and keeps the boiler water clean.

Jet Spray Soot Destroyer, 15-ounce can, about $5.19. Soot Stick, about $2.19 (two). Boiler Cleaner, 32-ounce bottle, about $5.69. U-Can, 84 Fifth Ave., New York, NY 10011.

Wallpapering time-savers



One of these wallpapering products saves time now; the other will save time in the future. The chemical stripper removes old wallpaper in a jiffy. Simply mix the stripper with hot water and spread the mixture on the wall. The stripper dissolves the paste under the old wallpaper so it's easy to scrape off. Want to avoid the messy stripping job next time? Just prepare the wall surface with the other timesaving product, a release coating. This water-based resin makes the paper adhere securely yet allows it to be pulled off easily when desired.

DIF Stripper, about $3.50 (covers 288 sq. ft.). Peelz Release Coating, about $4.25 (covers 175 sq. ft.). Wm. Zinsser & Co., 39 Belmont Dr., Somerset, NJ 08873.

Multi-culture cooker



In addition to making yogurt, this nonelectric device will cook all cultured foods: crème fraîche, buttermilk, cottage cheese, and sour cream. Included are a two-piece culture cooker, a quart glass container, a thermometer, and a recipe booklet. How does the product work? To make crème fraîche, for example, you simply let a heated mixture of cultured buttermilk and heavy cream set in the cooker for a few hours.

Solait Cultured Food Cooker, about $22 (includes freeze-dried crème fraîche and yogurt starter packets). Crayon Yard Corporation, 75 Daggett St., New Haven, CT 06519.



Pocket-size wrench kit

You can fit this compact kit into your back pocket or stash it in your car's glove compartment. Inside an unbreakable plastic handle, the 7½-inch-long socket wrench stores its five sockets—in 3/16, 7/32, ¼, 9/32, and 5/16 sizes. Is the handle too long for a tight spot? Simply pop the reversible rachet wheel out of the holder and turn the wheel with your fingers.

Litton Pocket Socket, about $13. Litton Industries, New Brittain Tool, Box 1320, New Britain, CT 06050.

continued

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Save $150* on Dining Room set

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Save $15* on Federalist dinnerware. Only $59.99

Make dining special with this 46-pc. white ironstone set. Oven resistant and freezer resistant. Safe enough for dishwasher and microwave oven, too. Service for 8, plus platter, 2 bowls, sugar and creamer.

**These are the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

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Good News

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Solar Roof Drain, about $350. Solar Products, Dept. 0415, BFGoodrich, 500 S. Main St., Akron, OH 44318.

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Sizing up sewing machines

If you're about to buy a new sewing machine, be sure you know exactly what's available and what your needs are before you make a final decision. Here are four key areas to consider when you're shopping the sewing machine market.

Features

Are you looking for lots of special features? If so, be wary of machines that call for special attachments; these attachments are usually not included in the price of the machine and must be purchased separately. For example, some models are equipped to make buttonholes but an attachment must be added for this operation.

Be sure your machine is equipped to sew as many different stitches as it promises; some stitches are only available on trimotion machines—machines that move the fabric backward as well as forward while the needle swings from side to side.

Another decision you'll need to make is whether or not to buy an electronic machine. These machines are controlled by push buttons (rather than knobs) that position the gears on the stitch-selection circuit board.

Performance

After you've done some shopping around for a sewing machine you'll realize that quality varies from model to model. The best way to determine quality is to test individual machines. Most sewing machine dealers have demonstration models on display and are willing to let you try them out at your convenience.

When you test a machine, rate its topstitching before anything else. Then, test the machine for skipping or jamming. Also check to see if the stitches are consistent.

Test the decorative stitches and judge their precision. (Remember that precision stitching usually means that the machine has been carefully and thoroughly engineered.)

Try stitching on a variety of different fabrics that you've brought along—everything from tricot to leather. Then



you can see how well the machine adapts to different fabric weights.

Always ask questions when you're comparison shopping for a sewing machine. Sometimes the answers are as enlightening as the sewing machine demonstrations.

When testing a machine, ask yourself these important questions: Does the machine thread easily? Does the bobbin wind evenly? Can you control sewing speed? Is the machine responsive? Does the tension require adjustment? Are basic accessories included with the machine? Is the information booklet helpful? Do you have adequate space at your house for storing and using the machine?

Dealerships

See if the dealership you're considering is a member of the Independent Sewing Machine Dealers Association or is licensed by the manufacturer.

If you are considering house brands only (those sold by large chain stores), visit a branch store to determine store policy regarding maintenance warranties and servicing (policies are consistent nationwide).

If you're looking at other makes and models, ask to have the manufacturers' policies outlined for you.

Your choice of dealers could be influenced by the trade-in allowance for your old machine; offers often vary from dealer to dealer.

Be aware that discount stores don't always have trained personnel to answer your questions or service your machine.

Read warranties carefully to make sure you understand how well the machine is covered. Ask about buyer protection policies that cover the cost of repairs for the first six to eight months you own your machine.

Price

Sewing machines are available for as little as $200 all the way up to $1,000. If you have a limited budget, look at models in your price range and determine which machine gives you the most for your money. If your budget is flexible, consider how much you stand to gain by making a greater investment. You might not get a lot of additional features but you'll probably get better quality—and that means fewer adjustments and fewer trips to the repair shop.

Don't assume your sewing machine will run forever with no upkeep. It should be oiled and cleaned regularly; check your manual for where and how often. If you've lost or misplaced your manual, write to the manufacturer for a new one. (A local shop that sells your brand of sewing machine can give you the address.) If minor adjustments need to be made, consult your manual or call your sewing machine dealer. If you change the tension, experiment with scrap fabrics first.

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Gardener's log

"May is building her house. With apple blooms
She is roofing over the glimmering rooms."

—Richard Le Gallienne

May is a busy time in the garden—in fact, many gardeners get so carried away with their chores that they forget to step back and enjoy the many flowers and shrubs already in bloom. So, stop, take a look around, and savor the quickly changing view.

Postponed peonies

Would you like to have peonies several weeks after they're normally through blooming? Put some in cold storage beforehand.

For single peony blooms, cut buds at golf ball size when they are beginning to show color. For double peonies, cut buds at tennis ball size when they look as though they might bloom in three or four days. Peonies mildew easily, so be sure to remove all foliage and moisture. Wrap the stems and buds in dry newspaper and store them in your refrigerator.

On the day before you will need the blooms, recut the stems under warm water. The peonies should start to open in a few hours. Add fresh foliage to the rejuvenated blossoms. Carnations and gladiolus may be held in dry storage the same way.

Mowing pointers

Start mowing when your grass reaches 2½ inches. If you let it grow too high, you'll have to remove too much at one time for the good of the grass. Keep bluegrass cut regularly at two inches. Bermuda grass may be kept shorter—three-fourths of an inch—for a velvety, carpetlike lawn.

Collecting grass clippings is a matter of preference. If you mow frequently or use a mulching mower, clippings will be short enough to settle among the new growth. Frequent mowing will also help control broadleaf weeds.



Classic flower arrangements

Uncrowded simplicity keynotes Japanese flower arranging. For pleasing balance and proportion, the Japanese use flowers, foliage, and branches in odd numbers, often as few as three or five. The elements are cut to varied lengths and placed in triangular formations, allowing each element to show its individual beauty. In the example shown above, a curved iris stem topped by a bud is brought into rhythmic balance by a short-stemmed iris at the base. Three iris leaves cut to different lengths form triangles with the flowers.

Vary the direction of your mowing. Following the same pattern each time will give your lawn a striped look.

Sowing annuals

You can sow tender annuals directly in the garden this month. Zinnias, marigolds, portulaca, celosia, salvia, cosmos, sunflowers, dianthus, four-o'clocks, nasturtiums, morning-glories, cornflowers, and snapdragons are just a few of the quick-growing summer annuals you can plant now for a summer of color.

Soak nasturtiums, morning-glories, and other hard-shelled seeds in warm water overnight before planting to better their chance of germinating.

Plant nasturtiums, morning-glories, and portulaca in poor soil that drains well and receives plenty of sun. The poorer the soil, the better they bloom. Don't add fertilizer; it will encourage lush leaf growth, but you'll get few blooms.

Relocating houseplants

Hardy houseplants will benefit from a summer vacation outdoors. Find spots where they'll be protected from all-day sun and fitful gusts of wind. Try to place the plants where they can be watered conveniently with the garden hose.

You may sink the pots into the ground if you wish, but don't cover the pot rims. Give the sunken pots a half-turn occasionally during the summer to prevent the roots from growing through the drainage holes and becoming anchored in the surrounding soil.

Plant protection

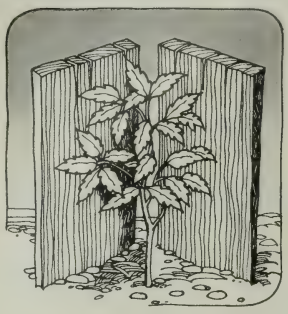
Protect newly planted vegetable seedlings from unexpected violent weather. Two 9x12 wood shingles, pushed into the ground near a seed-

continued

Illustration: Steven Schindler. Floral designer: Hiroko Sogi

continued

Gardener's log



ling, *above,* will buffer spring gales. Or, remove both ends from coffee cans and use these collars to protect your fledgling plants, *below.* When the plants are sturdy enough to stand on their own, remove and save the shingles and cans for future use in the garden.



IN THE SOUTH

Perennial division

Phlox, helenium, shasta daisy, hardy aster, and physostegia can be divided now, if they are crowded. Give extra plants you haven't room for to neighbors and friends.

Lift the old clump with a spading fork and gently shake the soil from the roots. Use a sharp knife to cut the clump into desired sizes. Plant the new divisions as soon as possible and water thoroughly.

Bulb culture

Fancy-leaf caladiums may be planted now in woodsy soil and dappled shade. Now is also the time to put in tuberoses and montbretias and another planting of gladiolus.

Dig tulip bulbs six weeks after they have finished blooming. Dry them off, remove the foliage, dust with a fungicide, and store them in a cool place until fall. If you dig up your daffodils, replant divisions at once, if possible.

If clumps of lycoris failed to bloom well last year, they may be overcrowded. Dig and replant the bulbs in soil enriched with bone meal.

IN THE WEST

Plant astilbe now

Container-grown blooming astilbe plants are available at nurseries in many areas this month. Plant yours in a partially shady, moist location in rich woodsy soil for the best results.

Try tropical plants

Evergreen shrubs may be planted this month, along with tropical plants such as papyrus, bamboo, elephant's-ear, and bird-of-paradise. Keep them well watered at all times, as these plants are very susceptible to dryness.

Broad-leaved evergreen care

After the peak bloom of azaleas, camellias, and rhododendrons has passed, remove the faded flowers and feed the plants with an acid plant food. Prune any plants that are leggy or overgrown. Water on a regular schedule from now through September to keep the soil moist all summer.

Notes on My Garden

First Week, May 1-3

Second Week, May 4-10

Third Week, May 11-17

Fourth Week, May 18-24

Fifth Week, May 25-31

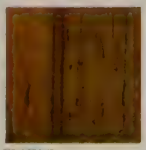
Introducing the rich, handcrafted look of America's past.



MIDDLETON PLACE HEARTHSTONE maple veneer plywood with simulated grain highlighting ¼".

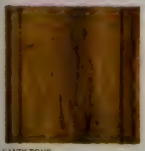
You can easily see this is no ordinary room. Sure, the antiques and furniture are beautiful. But there's something more.

It's our new Middleton Place™ paneling — the paneling that makes an ordinary room special.



FIELDSTONE

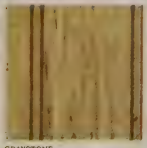
From its distinctive colonial grooving to its rich maple face veneer, no other panel we make brings home the look of America's past like Middleton Place.



SANDSTONE

Real wood is one reason why. Because every panel is naturally unique, with richly highlighted natural grain. And a finish that has the same kind of hand rubbed look as fine furniture.

Middleton Place paneling is available in 4'x8' sheets, ¼-inch thick with a real maple face veneer in your choice of four colors.



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And you can see them at your Georgia-Pacific Registered Dealer where we invite you to discover the rich, handcrafted look of America's past in our new Middleton Place paneling.

For dealers stocking Middleton Place and/or other G-P real wood panelings, call toll free ***(800) 447-2882*** *(except Alaska & Hawaii). Illinois: (800) 322-4400.*

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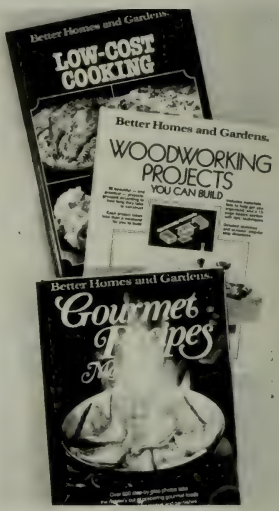
NEW IDEAS

INFLATION FIGHTER'S GUIDE TO LOW COST MEALS

The family food budget, according to some surveys, has become the latest battle front on America's war against inflation. Rising food prices are causing families from coast to coast to reevaluate their weekly grocery list in order to trim back costs. But economizing in the kitchen needn't mean that meals lose their variety and appeal. In fact, cooking on a budget can be delicious, as you'll learn in the new Better Homes and Gardens® *Low Cost Cooking*. This big, 96-page hardcover cook book contains an arsenal of information covering such topics as food planning, buying and storage; nutrition; menu planning; meat buying and more. You'll learn how to prepare taste-tempting recipes for main dishes, side dishes and desserts costing less than you thought possible. *Low Cost Cooking* is the cook book that helps you fight back rising food costs without compromising quality. At just $3.95, it could pay for itself the first time you use it.

INEXPENSIVE PROJECTS FOR WOODWORKING BUFFS

Woodworking needn't be expensive... or difficult. Now, there's a new book from Better Homes and Gardens® that tells you step-by-step how to create useful, attractive things out of wood. *Woodworking Projects You Can Build* contains 58 projects, each beautifully illustrated in full color. Some you can finish in half a day, some in a full day and others take two days to complete. Each project includes an exploded-view drawing and a full list of materials. Also included is a 13-page section of woodworking "basics" such as wood joinery techniques, how to apply plastic laminate or install cabinet doors plus upholstering and finishing tips. Enjoy the thrill of creating something out of wood with a copy of *Woodworking Projects You Can Build*, just $4.95 wherever books are sold.

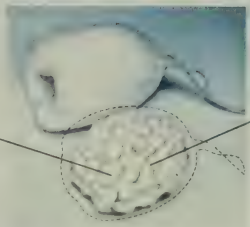


WHO SAYS GOURMET RECIPES HAVE TO BE HARD?

The very words "gourmet cooking" can strike fear into the uninitiated who believe the myth that only a special few have the knack and the ability to successfully prepare gourmet recipes. Now, there's a new cook book from Better Homes and Gardens® that dashes the myth about fancy cooking without destroying its glamour. *Gourmet Recipes Made Easy* is for people who'd like to prepare more delicious and elegant looking foods but think it's too hard and too expensive. This 96-page hardcover book puts exciting cuisine within the grasp of even the cooking novice. Each of the 90 easy recipes — with the emphasis on "easy"... is illustrated step-by-step. And when special ingredients or utensils are called for, everyday substitutes are suggested. *Gourmet Recipes Made Easy* could be the key to opening a new world of culinary excitement to those who have always wanted to give it a try. Just $3.95 and available wherever books are sold.



The only tampon with double-absorbing action.



Sponges to absorb fast.
Rely's sponges expand and absorb almost instantly. So you're protected virtually from the start.

Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

It even absorbs the worry.

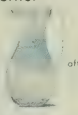
If you're worried that maybe your tampon isn't doing its job, you probably aren't using Rely.®

Only Rely gives you double-absorbing action. Because Rely is designed differently. Not from compressed cotton and rayon, like other tampons but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges.

And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Rely's the best protection against tampon by-pass accidents.

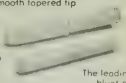


Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. It gives you superior protection against tampon by-pass (the accident that happens when there's a gap between your tampon and you).

Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom, to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

Some women find Rely's Regular size so absorbent, they depend on it exclusively. But if you're like most women, Rely Super on heavier days and Regular on lighter days will probably keep you free from worry.

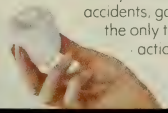
The assurance of comfort.



Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend, and flex throughout the day, Rely gently bends and flexes with you.

And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about by-pass accidents, gaps, and stains. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



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Enjoy unexpected taste



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

String-along crib dolls

With colorful fabric scraps and some quick-stitching, you can create a string of soft, safe fabric dolls to hang across your baby's crib.

You will need scraps of polka dot fabrics (we used red, blue, and green), solid-color cotton fabrics for the faces, embroidery floss in assorted colors, 1½ yds. of ½-inch-wide red grosgrain ribbon, polyester fiberfill, and all-purpose sewing thread.



Begin by enlarging the doll pattern, *above*, onto brown wrapping paper, adding a ¼-inch seam allowance to the doll's body. Using this as a pattern, cut ten body pieces from the polka dot fabrics, making sure each piece is the same size so the front and back pieces match. Cut ten faces from the solid-color cotton fabrics, pinning them together in groups of two so each face is lined. (This is so the polka dot fabrics don't show through the faces.)

Lightly mark facial features with a hard lead pencil or water-erasable pen. Machine- or hand-appliqué the faces to the front body pieces and embroider the facial features in appropriate colors, using two strands of floss and following the pattern, *above*.

With right sides facing and using ¼-inch seams, sew front and back body pieces together to make five dolls. Leave an opening in the bottom of each doll for turning and stuffing.

Turn each doll right side out and stuff lightly; then, slip-stitch the openings closed, turning the raw edges under across the bottom of each doll.

For hair, thread a needle with embroidery floss and secure the strands around each face, making a side or center "part." Cut the strands to the desired length. If desired, braid the floss to make pigtails.

When dolls are complete, sew the upper backs to a 1½-yard piece of grosgrain ribbon. Space the dolls as desired, leaving enough ribbon at both ends to tie to the crib.

CANADA



Jasper, Alberta — Canada West

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Canada is full of nice surprises. Cities that border on beautiful wilderness, luxury under the pine trees. Come treat yourself well in Canada.

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Design: Jane Scherer. Photograph: William N. Hopkins



Grass so thick your feet will love the difference.

There's nothing like running your feet through a thick carpet of grass, but you can't count on nature to get a lawn that thick all by itself.

That's where Turf Builder® fertilizer comes in. It'll give you a thicker lawn, and that's a promise.

For a lawn to grow thicker, it needs a steady diet of nitrogen. Here at Scotts,® we've worked out a special timing process to give your grass all the nourishment it needs for up to two full months.

Turf Builder will help start thousands of new grass plants growing. Just use it every couple of months, and your grass will be thicker than you've ever imagined. Our guarantee says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

But once you use Turf Builder, you won't want your money back. You'll want to kick your shoes off.



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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

SOLAR CONVERSIONS THAT WORK

Page 45: Suggested reading—*The Complete Greenhouse Book*, Peter Clegg and Derry Watkins, Garden Way Publishing, Charlotte, VT 05445; *The Food and Heat Producing Solar Greenhouse*, Bill Yanda and Rick Fisher, John Muir Publications, P.O. Box 613, Santa Fe, NM 87501.

Page 46: Pillows, baskets, all accessories—The Great Indoors, 141 Maine St., Brunswick, ME 04011. Plans for greenhouse and window shutters—Cornerstones, 54 Cumberland St., Brunswick, ME 04011.

Page 47 (top): Operable windows—Pella by Rollscreen Co., 100 Main St., Pella, IA 50219. (Bottom left): Vertical water columns—Kalwald Corp., 111 Kandia Rd., Manchester, NH 03103. Quarry tile—American Olean Tile Co., Lansdale, PA 19446. Wood-burning stove—Vermont Castings, Randolph, VT 05060. (Bottom right): Furniture—Birmingham Ornamental Iron Co., P.O. Box 1357, Birmingham, AL 35201.

Page 48 (top left): Cooktop—Jenn-Aire, 3035 Shadeland, Indianapolis, IN 46226. Dining table and chairs—Ficks Reed Co., 4900 Charlemar Dr., Cincinnati, OH 45227. Tile backsplash—Franciscan Tile, 2901 Los Felix Blvd., Los Angeles, CA 90039.

Page 49: Greenhouse—Texas Greenhouse, 2717 St. Louis Ave., Ft. Worth, TX 76110. Sofas and tables—Ficks Reed Co. (address above). Floor tile—Franciscan Tile (address above). Track lights—Lightolier Inc., 501 W. Walnut, Compton, CA 90220.

Page 50: Controller—Weather Energy Systems, Inc., P.O. Box 968, 39 Barlows Landing Road, Pocasset, MA 02559. Plans for greenhouse—Weather Energy Systems, Inc. (address above).

Page 51: Fiber glass for ceiling—Lascolite, 3255 Miraloma Ave., Anaheim, CA 93806.

Page 52: Stock windows—Andersen Corp., Bayport, MN 55003. Furniture—Birmingham Ornamental Iron Co. (address above).

PASTA SALADS

Page 64 (left): Salad bowl—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102. Glass canister—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, OH 43130. (Right): Plate—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010.

SPECIAL DIETS: DIABETIC BREAKFASTS

Page 80 (right): White plate, saucer, and cup "Vanilla"—Denby Ltd. Inc., 41 Madison Ave., New York, NY 10010.

HE COOKS

Page 108 (left): Dark oval platter—Metlox Potteries, 1200 Morningside Dr., Box 8, Manhattan Beach, CA 90266. (Right): Serving fork "Paul Revere"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421.

DECORATING SOLUTIONS FOR TYPICAL TRACT HOUSES

Page 124: Area rug—Rosecore Carpet Co., Inc., 979 Third Ave., N.Y., NY 10022. Reclining chairs—Barcalounger Recliners, 666 Lake Shore Dr., Chicago, IL 60611. Coffee table—Design Institute of America, 815 Park Ave., N.Y., NY 10021. Modular glass cube system "Trans Tempo System"—Cadence, Inc., 10-152 Merchandise Mart, Chicago, IL 60654. Window blinds—Levolor Lorentzen, 720 Monroe St., Hoboken, NJ 07030. Floor lamps—George Kovacs, Inc., 831 Madison Ave., N.Y., NY 10021. Red chair in foreground "TC Tech"—Thayer Coggin, 427 So. Rd., High Point, NC 27262.

Page 125 (top): Akari lantern by Noguchi—George Kovacs (address above).

Page 126: Carpet—Bigelow-Sanford, Inc., Box 3089, Greenville, SC 29602. Sheets and fabric for duvet, walls, and shade "Regimental Leaf" by Utica—J. P. Stevens, 1185 Ave. of the Americas, N.Y., NY 10036. Bed and storage pieces "Weatherwood"—Drexel Heritage Furnishings, Drexel, NC 28619. Chair in foreground—Baker Furniture Co., 10 Milling Rd., Holland, MI 49423. Lamp—Phil Mar Corp., 1100 E. 222nd St., Cleveland, OH 44117. Laminated shade—Joanna Western Mills Co., 2141 S. Jefferson St., Chicago, IL 60616.

Page 128: Braided area rug "Mary Ann"—Thorndike Mills, Inc., Box 350, Palmer, MA 01069. Red and white fabric and wallpaper—Marimekko, 555 Madison Ave., N.Y., NY 10022. Desk and sleeper sofa—Ethan Allen, Inc., Ethan Allen Dr., Danbury, CT 06810. Desk chair—Nichols & Stone, Inc., 232 Sherman Ave., Gardner, MA 01440. Track lighting—Lightolier, 345 Claremont Ave., Jersey City, NJ 07305.

Page 130: Carpet "Dusty Sand"—Armstrong Cork Co., W. Liberty St., Lancaster, PA 17604. Cocktail table—Design Institute of America (address above). Tub chairs, benches under table—Founders, Div. of Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360. Vertical blinds—Graber Co., Graber Plaza, Middleton, WI 53562. Track lighting—Lightolier (address above).

TERRIFIC RECIPES WITH ALL KINDS OF GROUND MEAT

Page 140 (bottom left): Platter—Royal Doulton, 400 Paterson Plank Rd., Carlstadt, NJ 07072. (Above right): Gravy boat "Arzberg"—Hutschenteuther Corp., 100 Shaw Rd., Branford, CT 06471.

Page 141 (top Left): Wineglasses—Fostoria Glass Co., 1200 1st St., Moundville, WV 26041. (Middle right): Oval platter—Villery & Boch Tableware, Ltd., 41 Madison Ave., N.Y., NY 10010.

Page 143 (center): Quiche dish "Unikokki"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. (Bottom). Wooden board—Block China Corp., 11 E. 26th St., N.Y., NY 10010. (Above middle): Ceramic boxes with wood handles—Schmid Bros, Inc., 55 Pacella Park Dr., Randolph, MA 02368.

PRIZE TESTED RECIPES

Page 155 (left): Dinner plate/cups and saucers—Arabia of Finland, 5603 Howard St., Niles, IL 60648. Silverware "Cia"—Trend-Pacific Inc., 2817 S. Hill St., Los Angeles, CA 90007. (Right): White skillet—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654.

Page 156 (left): Skillet—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. (Center left): Platter "Spice"—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. Serving pieces "Thistle"—Dansk Designs, Inc., (address above). (Center right): Platter "Mousse"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. Butter bowl—Rosenthal Studio Haus, 584 5th Ave., N.Y., NY 10036. Marmalade jar—Viking Glass Co., P.O. Box 29, New Martinville, WV 26155. (Right): Glass "Arabesque"—Denby Ltd., Inc., 41 Madison Ave., N.Y., NY 10010. Fork and spoon "Robin"—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102.

AN ITALIAN DINNER IN 45 MINUTES

Page 180: Sherbet glasses "Chivalry"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43693.

continued

CANADA



Churchill River, Sask. *Heartland Canada, Manitoba/Saskatchewan*

CLEAN LIVING

Come live a little in Canada. Breathe our crystal clear air. Taste the freshness of our running waters. And bask in the warmth of our welcome.

Canada
SO MUCH TO GO FOR.

FORD'S EXCLUSIVE CLUB ROOM

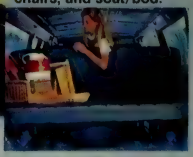


1980 Ford Captain's Club Wagon. Best EPA gas mileage rating of any van. Station wagon luxury—much more room.

Here's one exclusive Club everyone can easily enter! Ford's advanced Club design means more move-around room for driver and plenty of inside passenger comfort. Built tough: Separate body-on-frame construction, rugged Twin-I-Beam suspension. See your Ford Dealer. And ask about Ford's Extended Service Plan.



Welcome inside the Club. Ford's Captain's Club Wagon comes with fold-out snack/game table, four recline/swivel chairs, and seat/bed.



Combination seat/bed. Folding rear seat turns Ford's Captain's Club Wagon into a mini camper.



Super wagon size, too! Ford wagons offer seating plans for four to 15 passengers. And Ford Club Wagons offer light- and heavy-duty Trailer Towing Package options.

BEST VAN GAS MILEAGE

18 EPA EST.* 26 Hwy. EST.*

Built Ford Tough

*300 Six, optional 4-spd. manual transmission. Compare these estimates with others. Your mileage may differ, depending on speed, distance and weather. Actual highway mileage will probably be less than estimated. California estimates lower.

FORD

FORD DIVISION

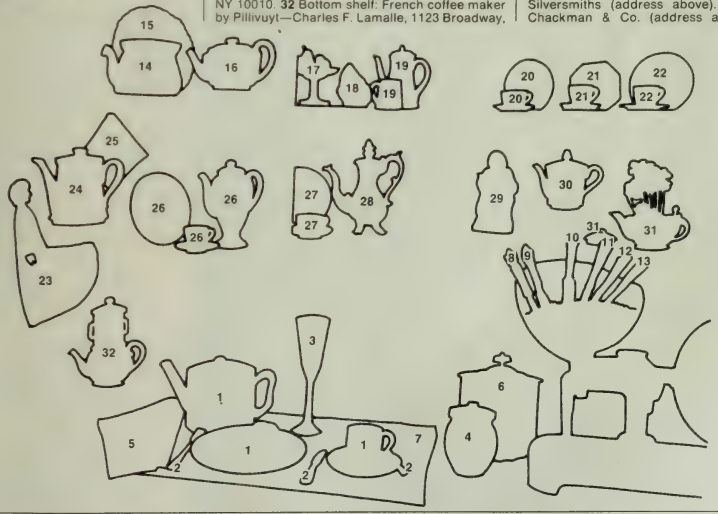
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Buying guide

COFFEE BREAK

Page 132-133 (on desk): **1** Plate, cup and saucer, teapot "Trade Winds, Red"—Spode, 26 Kennedy Blvd., East Brunswick, NJ 08816. **2** Hotel silver plate flatware "Kings"—International Silver Co., Meriden, CT 06450. **3** Stemware "Gold Medallion"—Tiffin Glass Co., P.O. Box 667, 4th Ave. & Vine Sts., Tiffin, OH 44883. **4** Honey jar Wedgwood "Irish Crystal"—Galway, 41 Madison Ave., N.Y., NY 10010. **5** Napkin—Leacock & Co., Inc. 1040 Avenue of the Americas, N.Y., NY 10018. **6** Silver-plated "Biscuit Box"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. **7** Place mat "Huck Towel"—The Ulster Weaving Co., Ltd., 148 Madison Ave., N.Y., NY 10016. Knives in coffee beans (left to right): **8** Sterling "Queen Elizabeth I"—Towle Silversmiths, Newburyport, MA 01950. **9** Sterling "Avondale"—Lunt Silversmiths (address above). **10** Sterling "William & Mary"—Georgian House, 225 Fifth Ave., N.Y., NY 10010. **11** Community Silverplate "Patrician"—Oneida Silversmiths, Ltd., Oneida, NY 13421. **12** Sterling "18th Century"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. **13** Sterling "Feliciana"—Wallace Silversmiths, Wallingford, CT 06492. Top row shelves (left to right): **14** Teapot "Spring Valley"—Doulton and Co., Inc., 400 Paterson Plank Rd., Carlstadt, NJ 07072. **15** Silver-plated tray—Towle Silversmiths (address above). **16** Teapot "Chelsea Gardens"—Spode (address above). **17** Silver-plated compote—Towle Silversmiths (address above). **18** Hen tureen—Sigma Marketing Systems, 225 Fifth Ave., N.Y., NY 10010. **19** Coffeepot and creamer "Chinoiserie"—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907. **20** Cup and saucer with plate "Potpourri"—Wedgwood (address above). **21** Cup and saucer with plate "Far East"—Mikasa, 41 Madison Ave., N.Y., NY 10010. **22** Cup and saucer with plate "Tonkin"—Doulton and Co., Inc. (address above). Middle shelf (left to right): **23** China doll—B. Shackman & Co., 85 Fifth Ave., N.Y., NY 10003. **24** Coffeepot on tins "Fair Lady"—Lenox China, Inc., Lawrenceville, NJ 08648. **25** Napkin in background—Leacock & Co., Inc. (address above). **26** Plate, cup and saucer, with coffeepot "Kutani Crane"—Wedgwood (address above). **27** Plate with cup and saucer "Nanking-gold decoration" by Beinrich Porzellan—Villeroy & Boch, 41 Madison Ave., N.Y., NY 10010. **28** Silver-plated coffeepot "Winthrop"—Reed & Barton Silversmiths (address above). **29** Cookie jar—Sigma Marketing Systems (address above). **30** Teapot "Asian Song"—Noritake Co., Inc., 41 Madison Ave., N.Y., NY 10010. **31** Teapot "Olde English Countryside"—Johnson Brothers, 41 Madison Ave., N.Y., NY 10010. **32** Bottom shelf: French coffee maker by Pillivuyt—Charles F. Lamalle, 1123 Broadway, N.Y., NY 10010.

Page 133: Place setting on cupboard: China. "Fair Lady"—Lenox China, Inc. (address above). Sterling flatware "Chantilly"—The Gorham Co. (address above). Crystal stemware "America"—Seneca Glass Co., 709 Beechurst Ave., Morgantown, WV 26505. Silverplated compote—Towle Silversmiths (address above). China doll—B. Chackman & Co. (address above).



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Recycling old barn wood

Old barn wood is becoming scarce as hen's teeth, so count yourself lucky if you find some weathered planks to panel a family room or den. Here's some information to help you ready the old wood for home installation.

Cleaning

Don't be put off by a grimy overlay. Although sprucing up those dirty timbers requires time and elbow grease, the job is easier than you think. Start by scrubbing the wood with detergent suds and a stiff brush. Rinse well with a garden hose, then wash with a household disinfectant.

It's best to avoid using chlorine bleach, since it will probably change the color of the wood. Let the wood dry in the sun or in a warm room.

Any traces of red barn paint that remain on the surfaces can be wire-brushed off. Actually, a few flecks of paint in the grooves and pores will add to the aged, authentic look of the wood.

Finishing

Wood used for the interior of a barn generally isn't as rough and weathered as exterior wood, so you can apply an oil finish. Brush on boiled linseed oil and rub it in thoroughly until the surface feels dry.

An oil finish will turn exterior wood a deep charcoal gray. There really is no surface finish that won't darken weathered exterior planks. But that's no problem because exterior wood used without finishing will take on a lovely silvery tone in time.

If you want to intensify the grain or the rough texture of the wood, you can brush on a stain. However, the weathered, silver-gray of old barn wood is part of its charm.

Both exterior and interior barn wood can be coated with a clear plastic spray that's available in paint and hardware stores. This protective coating will make it easier to keep the wood surface clean and is particularly good for kitchen or bathroom paneling.

Even without the plastic coating, unfinished barn wood can be washed if it gets dirty after installation. But don't scrub. With a damp cloth, brush the grease or dirt spots lightly, following the grain of the wood.

Installing

Planks may be installed vertically or horizontally. Since they're considerably heavier than plywood, they should not be attached with adhesive meant for readymade paneling. Instead, nail the planks to furring strips attached to the wall.

If you're using barn wood in a basement, provide "breather space" and a vapor barrier behind the paneling.

Thick barn wood planks will help keep a room warmer in the winter and cooler in the summer, and will help deaden sound.

In lieu of paneling an entire room or wall, you might use some old beams as accent pieces. Install the beams on the ceiling, frame a doorway, or hang them on the wall as shelves.

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TRAVEL west

Judy Nash
Associate Travel Editor

Obon festivals in the West

Trade, commerce, and immigration between the Far East and major West Coast ports have enriched the architecture, language, fashion, cuisine, and ethnic customs of western communities for well over a century. One of the most interesting and colorful of these legacies is Obon, a Japanese summer celebration that dates back more than 1,000 years. Most Japanese-American communities of any size in the Pacific states schedule an annual festival sometime during the summer.

Traditionally, Obon marked the end of the monsoon season—a time of community and religious revival. Legend says the event got its start when Moggallana, a devout Buddhist, succeeded in rescuing his mother from purgatory through his religious devotion and good works.

Americanized Obon

The Americanized version of Obon is a combination of Confucian, Buddhist, and folk customs that resembles a street fair centered around religious celebrations. In addition to ceremonies at Buddhist shrines (often open to the public), Obon includes costumed street dancing and other festive events.

Depending on the community, you may see the tea ceremony, *bonsai* (dwarfed plant culture), *ikebana* (flower arranging), *origami* (paper folding), and *sumi* (painting). Craft work is sometimes offered for sale. *Kabuki* (a classic performance), as well as *sumo* wrestling, *judo*, and other martial arts, may be scheduled, too.

The highlight of the celebration is Bon Odori, a program of street dancing that sometimes takes place at night, illuminated by lanterns. Women dress in decorative *kimono* and men wear loose fitting *happi* coats. Performers use parasols, fans, and elaborate gestures in their interpretations. Non-Buddhist visitors can join in, provided they're in appropriate costumes.

Obon celebrations feature veritable feasts of special dishes prepared just for the festival. Some festivals close with a nighttime procession of small boats bearing lighted candles, intended to light the way for deceased ancestors' spirits returning to their world.

Obon generally is scheduled on a weekend and lasts a day or two. For specific times and dates of this summer's festivals, contact Buddhist churches you'll find listed in local telephone directories of the following western communities.

Arizona—Phoenix
California—Anaheim, Berkeley, Fresno, Lodi, Los Angeles, Monterey, Oakland, Oxnard, Pasadena, Palo Alto, Sacramento, Salinas, San Diego, San Francisco, San Jose, San Luis Obispo, San Mateo, Santa Barbara, Sebastopol, Stockton, Union City
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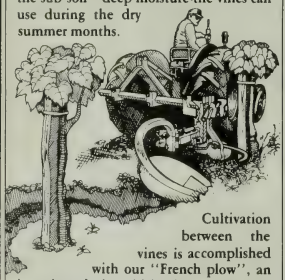
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Frittata— the open-faced omelet

For a quick brunch, lunch, or light supper, whip up a frittata (pronounced *"free-TAH-ta"*), the open-faced Italian version of the omelet. Here's how to prepare vegetable-filled and pasta-filled versions.





Photographs: Dieter

PASTA FRITTATA

Instead of using the broiling technique to cook the top, dexterous cooks will invert the frittata onto a dinner plate then slide it from the plate back into the skillet to finish cooking—

4 ounces spaghetti
¼ cup shredded Gruyère *or* grated Parmesan cheese
2 tablespoons butter *or* margarine
6 beaten eggs
2 tablespoons snipped chives *or* sliced green onion
2 tablespoons olive *or* cooking oil
1 8-ounce can (1 cup) tomato sauce

Cook spaghetti according to package directions just till tender. Drain (should have 2 cups). In mixing bowl toss spaghetti with the cheese and butter or margarine. Add eggs, chives or green onion, ⅛ teaspoon *pepper,* and dash *salt;* toss till coated.

In 10-inch oven-going skillet heat oil. Pour in spaghetti mixture, spreading it evenly in pan. Cook over *medium-low* heat. As egg mixture begins to set, run spatula around edge of the skillet, carefully lifting mixture to allow uncooked portion to flow underneath. When eggs are firm (about 8 to 10 minutes; surface will still be moist), place skillet under broiler. Broil 5 inches from heat for 1 to 2 minutes or just till surface is set. Loosen sides and bottom of frittata; slide, faceup, onto serving platter. Cut in wedges. Heat tomato sauce; spoon over each wedge. Makes 4 servings.

ASPARAGUS FRITTATA

You can use 1½ cups of any cut-up cooked vegetable or meat in place of the asparagus—

1 10-ounce package frozen cut asparagus, thawed

• • •

¼ cup chopped onion
2 tablespoons olive *or* cooking oil
6 beaten eggs
3 tablespoons grated Parmesan cheese
Dash pepper

• • •

1 tomato, cut in thin wedges

In 10-inch oven-going skillet cook asparagus and onion, covered, in hot olive or cooking oil *over medium-low heat* for 5 minutes or just till vegetables are crisp-tender.

In a small mixing bowl combine beaten eggs, Parmesan cheese, and pepper; pour over asparagus mixture in skillet. As mixture begins to set, run spatula around edge of the skillet, lifting egg mixture to allow uncooked portion to flow underneath. When eggs are firm (about 6 to 8 minutes; surface will still be moist), place skillet under broiler.

Broil 5 inches from heat for 1 to 2 minutes or just till surface is set. Loosen sides and bottom of frittata with spatula; slide frittata, faceup, onto serving platter.

Cut frittata in four wedges. Garnish each serving with two tomato wedges. Serve at once. Makes 4 servings.


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A built-in water bed

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Photograph: Guy Burgess. Architect: Michael Jacoby, A.I.A. Field editor: Ann Sink

These homeowners raised the floor to accommodate their new polyethylene water bed mattress. The raised floor platform was fabricated from ¾-inch plywood over a 2x4 superstructure. The pit created to house the mattress was coated with urethane varnish, and the seams were sealed with silicone to prevent water damage should the mandatory safety liner ever fail. Electrical connections necessary to operate the thermostatically controlled water bed heater were routed beneath the raised floor platform.

The boxed-in desk surround and raised seating modules have been surfaced with the same plush carpeting that covers the floors and the walls to windowsill height.

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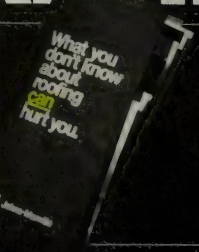
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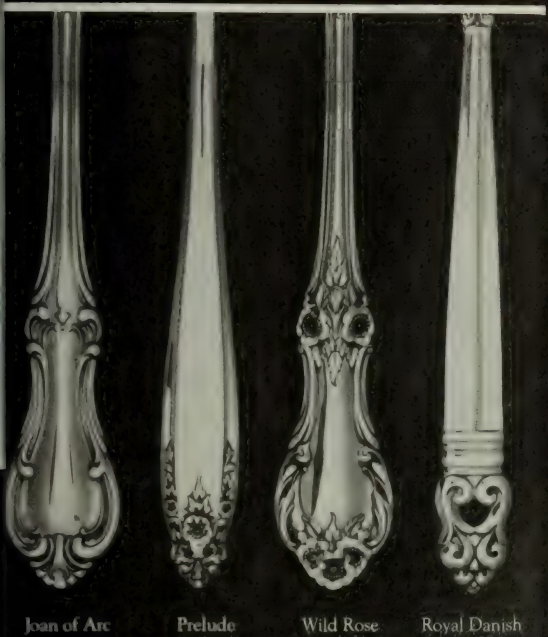
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Start with mustard



Photographs: Dieter

Wherever you roam, you're apt to find mustard among the kitchen staples. Many countries have their own versions of prepared mustard (a mix of dry mustard, salt, vinegar, and spices). These range from mild to hot-hot. For example, there's the tangy Dusseldorf variety from Germany, the fairly spicy French Dijon-style, and the very hot English mustard. And mustard is also used in its pure forms—whole seed and powdered dry mustard. Try this popular condiment in our trio of recipes.

PORK CHOPS WITH BROWN MUSTARD SAUCE

- **6 pork chops, about ½ inch thick**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **¼ cup chopped onion**
- **2 tablespoons all-purpose flour**
- **1 tablespoon dry mustard**
- **1 teaspoon instant beef bouillon granules**
- **¼ teaspoon dried oregano, crushed**
- **1 cup milk**
- **1 8-ounce can stewed tomatoes, cut up**
- **2 tablespoons vinegar**
- **Hot cooked rice**

Trim excess fat from chops. In 12-inch skillet cook fat trimmings till 2 tablespoons fat accumulates. Discard trimmings. Season chops with salt and pepper. Fry chops, uncovered, in hot fat over medium heat 15 to 20 minutes, turning once. Remove chops from skillet; keep warm.

In same skillet cook onion in drippings till tender but not brown. Stir in flour, dry mustard, bouillon granules, and oregano. Add milk all at once; cook and stir till mixture thickens and bubbles. Stir in *undrained* tomatoes and vinegar; heat through.

Arrange chops atop hot cooked rice on serving platter; spoon some of the sauce over chops. Pass remainder. Makes 6 servings.



CREAMY MUSTARD LOAF

- **½ cup imitation sour cream**
- **¼ cup butter *or* margarine, softened**
- **2 tablespoons prepared mustard**
- **1 tablespoon finely chopped onion**
- **1 cup finely shredded carrot**
- **1 loaf French bread *or* 6 to 8 club rolls**

In a bowl blend together imitation sour cream, butter or margarine, prepared mustard, and onion. Stir in carrots. Cut loaf or rolls diagonally into ¾-inch slices, cutting to but not through the bottom crust. Spread mustard mixture between cuts. Place on baking sheet. Bake in 400° oven for 10 to 12 minutes. Serve immediately. Makes 6 to 8 servings.



MUSTARD RELISH

To release its snappy taste, mustard seed must be cooked at least a few minutes—

- **3 cups water**
- **3 cups finely chopped cabbage**
- **3 cups finely chopped cucumber**
- **1 cup finely chopped green pepper**
- **1 cup finely chopped celery**
- **¾ cup finely chopped onion**
- **½ cup chopped canned pimiento**
- **⅓ cup pickling salt**
- **1¼ cups vinegar**
- **⅔ cup water**
- **⅔ cup sugar**
- **2 tablespoons mustard seed**

In large bowl combine the 3 cups water, the cabbage, cucumber, green pepper, celery, onion, pimiento, and the salt; toss to mix thoroughly. Let stand 3 hours. Drain; rinse well with cold water and drain again.

In a saucepan combine vinegar, the ⅔ cup water, the sugar, and mustard seed. Bring mixture to boiling; reduce heat and simmer, uncovered, 3 minutes. Add drained vegetables. Bring mixture to boiling again then reduce heat and cook, uncovered, 5 minutes more. Ladle hot vegetables and syrup mixture into clean, hot pint jars, leaving ½-inch headspace. Adjust lids. Process jars in boiling water bath 15 minutes (start timing after water comes to a boil). Makes 4 pints.

The Hiram Walker Sour Ball. For kids over 21.

Didn't you once love the zing of a sour ball? Remember the citrus snap that made you pucker your lips? Remember the cool taste on your tongue?

Now that you've grown up, you're ready to discover the delights of the *Hiram Walker* Sour Ball.

It's a quick treat to mix. (But remember to take it easy. *This* Sour Ball's not child's play.)

Just pack your glass with lots of ice, pour in 1½ ounces of Hiram Walker Apricot Flavored Brandy, top it off with the juices of half a lemon and half an orange and stir.

Now relax and savor that Sour Ball. It's tart to start, tart to finish.

You'll be surprised how something sour can sweeten up your day.



For the name of the nearest store that has more than 100 mouth-watering food and drink ideas, write Hiram Walker Consumer Dept. GA, P.O. Box 14100, Detroit, Mich. 48214.

A good and simple basement redo

A remodeling project need not be complicated to be effective. This basement renovation owes much of its success to its clean design and simple built-in furnishings.



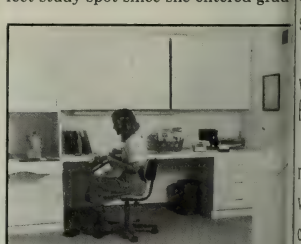
Roger and Jill Witten's basement measures 23x31 feet and is divided a few feet off-center by an enclosed staircase. The staircase divides the basement into a family room and sewing/home office area.

The Wittens' remodeling began by painting the walls and ceiling with fresh white paint to dispel any feelings of gloom. Then the furnishings were added. A pair of platform sofas separated by a corner table were built along two walls of the room, *left.* And a 12-foot-long, floor-to-ceiling storage unit was attached to the third wall, *below.*



Photographs: Ross Chapple

The floor is covered with tough commercial-grade carpeting that can take romping children in stride. The pale gray carpeting also extends to the business side of the downstairs, *below.* This area is divided from the rest of the space by the staircase, so it's quiet and private. Jill has found it to be the perfect study spot since she entered grad-



Architect: Case Construction Co., In

uate school. The room is also used a an office for keeping the family records

After Jill puts away her books, sh pulls out her sewing machine on a slid ing shelf and makes good use of th ten-foot work surface. The whole table top can be cleared for big jobs. Whe she's done for the day, Jill slides th machine back into its cabinet, close the door, and joins the children in th family room.

FIVE YEARS AGO, NO ONE HAD HEARD OF CUISINARTS EITHER.



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3. A coal grate which vaporizes juices enhancing flavor and limiting flare-ups.
4. A unique electric ignition system with observation port and glowing wire to let you see the burner is safely lit.

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Ducane's wide range of models also have a five year warranty on burners, hoods and fire boxes.

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Ducane GAS GRILLS









Never has so little done so much.

Knudsen Sour Cream. It doesn't take much to turn even the simplest dish into something extra special.

With a taste so delectably different, we've been California's favorite sour cream for over 40 years.

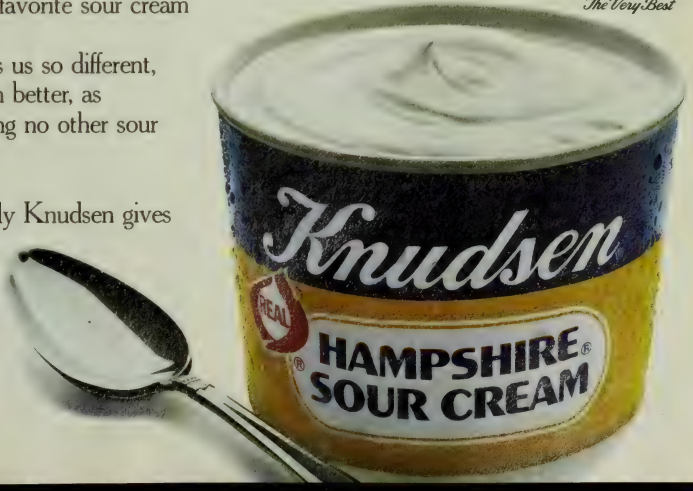
And what makes us so different, makes us just that much better, as well. We have something no other sour cream has.

Nothing.

That's right. Only Knudsen gives you nothing but fresh, wholesome Grade A cream and non-fat milk. And nothing else.

So what you get, whether it's in the recipe or on top, is a delicious, tasty dish with the real sour cream flavor only Knudsen can give you.

Knudsen. The Number One taste in sour cream. Pure and simple. *Knudsen.* *The Very Best*



Pottery basics for beginners

If you're interested in learning basic ceramic and pottery techniques, but balk at buying a lot of expensive equipment, here's good news. You can create something from clay using one of three hand-building techniques—pinch, coil, and slab—none of which requires a potter's wheel. And if you use air- or oven-drying clay (available at craft and hobby shops), there's no need for a kiln. The basic steps for each technique are outlined below.



Pinch method

A pinch pot is the easiest introduction to working with clay; all that's required is a small amount of clay and a little imagination—no special tools are needed.

Keep in mind that when you are pinching a clay pot, spontaneity works to your advantage; don't try to copy the perfection of a piece that has been thrown on a potter's wheel.

To begin, shape a ball of clay in your hands by rolling it around until the surface is smooth. Holding the clay in one hand, insert the thumb of the other hand into the center of the clay ball, leaving a ½-inch-thick base.

Shape the opening by pinching lightly around the pot with thumb and other fingers, turning the clay gradually.

To shape the pot, work your fingers from the base to the top, pinching and turning as you go. Work your fingers in a spiral pattern, moving from bottom to top, instead of moving them up and down the sides of the pot.

Since clay dries from top to bottom, leave the rim a bit thicker than the rest of the pot to avoid cracking. To delay drying while you're working with clay, dampen your hands with water.

Allow your pot to dry until it is fairly firm and easy to handle; then attach the handles, spout, and other pieces that you have shaped separately.

Pinching the clay leaves small indentations that can be smoothed out if you like. For a smooth surface, rub the clay with a polished stone.

Coil method

Before the advent of the potter's wheel, the traditional method for making pottery was the coil technique. A coiled pot takes more time than a pinched pot, but the results are worth the effort; with a little practice, you can learn to make coils of uniform size.

To roll clay coils, clear a large, flat work space and keep the surface damp. Squeeze a piece of clay in your hands until it resembles a piece of rope. Rotate the clay as you squeeze to keep it fairly smooth. When the rope-like coil is seven inches long, begin rolling.

Dampen your hands and roll the clay from the center to the ends, moving the coils in complete circles (do not rock the clay back and forth). Maintain even pressure.

A coil's diameter depends on the size of the pot; a small pot needs thin coils, whereas a large pot needs thick ones (the average is about one inch).

Roll about eight to ten coils at one time, keeping them covered with plastic.

Begin shaping your pot by cutting a clay base and attaching one coil with your thumb. Turn the piece until a complete circle is made. To join the coil to the base, pull clay from the coil and smooth it down over the base.

When shaping a coiled pot, remember that each coil must be joined securely to the coils directly above and below it.

Continue wrapping the coils so that each new ring rests on the outer edge of the coil below it.

After you have wrapped about five coils, begin smoothing the inside surface of the pot. Support the outer walls with one hand and smooth the inside of the pot.

Continue joining the coils until you reach the desired size and shape, then paddle the outer walls smooth.

The drying process is important when you're working with a coiled pot. The clay should be allowed to dry slowly. A large coiled piece should dry and stiffen slightly to keep the lower walls from sagging.

Slab method

Building pottery with slabs of clay is a basic ceramic technique. The idea is to press, roll, or throw pieces of clay into large slabs and then construct shapes by joining the slabs at the seams.

To press a slab into shape, flatten a piece of clay by patting it with your hands, pushing out from the center.

Rolling a slab of clay requires two guide sticks to ensure even thickness. (The distance between the sticks determines the width of the slab.)

Place the clay between the sticks and begin rolling, while resting the rolling pin on the guide sticks.

To throw a slab, start with a piece of clay one to two inches thick and begin flattening it with your hands. Lift the clay and flip it occasionally to keep the thickness consistent.

Once your slabs are prepared, let them stiffen sufficiently and begin cutting the clay with a utility knife.

To join pieces, score the edges, dampen the clay, and press edges together, using a thin coil along joint.

Drawing: Robert Riley



How can you make your houseplants fuller, greener, healthier?

Just let the Knox® out of the box.

Knox Unflavored Gelatine has no artificial ingredients. What it does have is a rich supply of nitrogen. And nitrogen is what houseplants need most to flourish.

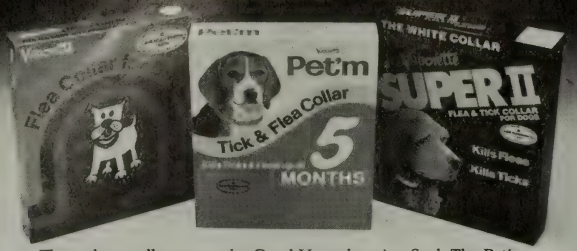
Easy to use, too. Just mix one envelope of Knox with one cup of hot tap water to dissolve. Then add three cups of cold water to make a quart of liquid. Prepare only as much of the mixture as you plan to use at one time. Once a month, use the Knox mixture as part of your normal watering and feeding pattern and it will provide continuous nourishment to plants between applications. You'll see the same amazing results we saw in our scientific studies.

And remember to give your plants plenty of growing room by repotting them periodically into larger pots.

For fuller, greener, healthier plants, water them. Love them. Talk to them. And nourish them with Knox.

(Flea season's almost here.)

Don't let fleas get a foothold.

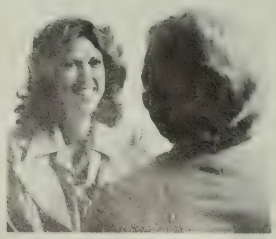


These three collars carry the Good Housekeeping Seal. The Pet'm collar kills ticks and fleas for up to 5 months. Costs up to 35% less than comparable brands. The Super II kills fleas up to 4 months, kills ticks for up to 1 month, aids in control for another. Costs less than similar collars. The Vaporette kills fleas up to 3 months, aids in tick control. Economical, yet effective.

Pet'm-Vaporette

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A dark ages kitchen sees the light

According to Barbara Hein, remodeling really did bring her kitchen out of the Dark Ages. Before, it was not only dreary but also annoyingly short on cabinets and work space. But look at it now!



With the help of a kitchen planner she came up with this delightfully sunny greenhouse kitchen. When she switched the peninsula to its present location, Barbara gained undreamed-of work space. The switch unsnarled traffic paths, too, so guests no longer trek through her work space. New cabinets incorporate storage aids such as spice racks and vertical lid-tray stacks.



Photographs: Hopkins
Field editor: Maxine Schweiker. Design: Wood-Mode

A coat of white enamel gave the sturdy grooved siding new life. The ageless charm of the siding, combined with new brick vinyl flooring and green and white cane-design wallpaper on the ceiling, provides Barbara with a refreshing view while she's cooking in the kitchen. Ice cream chairs, an antique cane high chair, and a round table give the remodeled spaces a garden feeling. Plants on glass shelves turn the back porch window into a greenhouse.

CANDIED LEMON TART

Soak the lemon slices overnight before cooking them in the sugar syrup—

2 small lemons

• • •

Pastry for 1-crust 9-inch pie
¼ cup sugar
¼ cup butter *or* margarine
1 egg
1 teaspoon finely shredded lemon peel
⅓ cup ground almonds
1 tablespoon all-purpose flour

• • •

½ cup sugar
¼ teaspoon vanilla

Slice lemons about ⅛ inch thick. Carefully remove and discard seeds. Place lemon slices in bowl; cover with *boiling water*. Let stand overnight. Drain and place in small saucepan; cover with *cold water*. Bring to boiling; reduce heat and simmer, covered, 15 minutes or till lemon peel is soft. Remove from heat; cool and set aside.

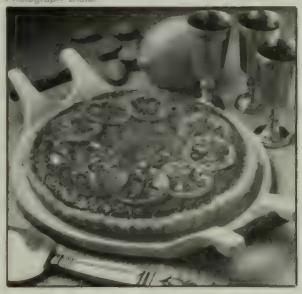
On lightly floured surface roll pastry to 9-inch circle. Line a 7-inch flan pan with pastry; trim edge and flute, if desired. Prick pastry well. Bake in 450° oven about 10 minutes or till pastry just begins to brown. Remove from oven and cool on wire rack. Beat the ¼ cup sugar and the butter or margarine till light and fluffy. Add egg and shredded lemon peel; beat well. Stir together almonds and flour; add to egg mixture, blending well. Spread mixture evenly over pastry in pan. Bake in 375° oven for 25 to 30 minutes or till golden brown and firm to touch. Cool.

Meanwhile, drain lemon slices, reserving ½ cup liquid. In a saucepan combine the reserved liquid and the ½ cup sugar. Cook and stir over low heat till sugar is dissolved. Bring to boiling. Boil syrup, uncovered, for 10 minutes. Add lemon slices; simmer gently for 5 minutes. Remove from heat; stir in vanilla. Arrange lemon slices over tart. Spoon syrup over lemon slices. Cool, then chill thoroughly. To serve, remove sides from flan pan and place tart on serving platter. Makes 8 servings.

A party dessert with pizzazz

Combine flaky pastry, ground almond filling, and delicately candied lemon topping, and you have Candied Lemon Tart—a sophisticated dessert that any European pastry chef might envy.

Photograph: Dieter



Last night, the ten best parties in town had something in common.



rondelé cheese. It tastes remarkably like that cheese from France. And unlike other cheeses that have fillers, coloring, gums and preservatives.

The only ingredients in rondelé are natural ones. Rich cream.

Fresh, whole milk. Garden spices. In any of three flavors — Garlic & Herbs, French Onion, Pepper. Look for it wherever fine cheese is sold, including the gourmet section of your supermarket. And at the *best* parties in town.

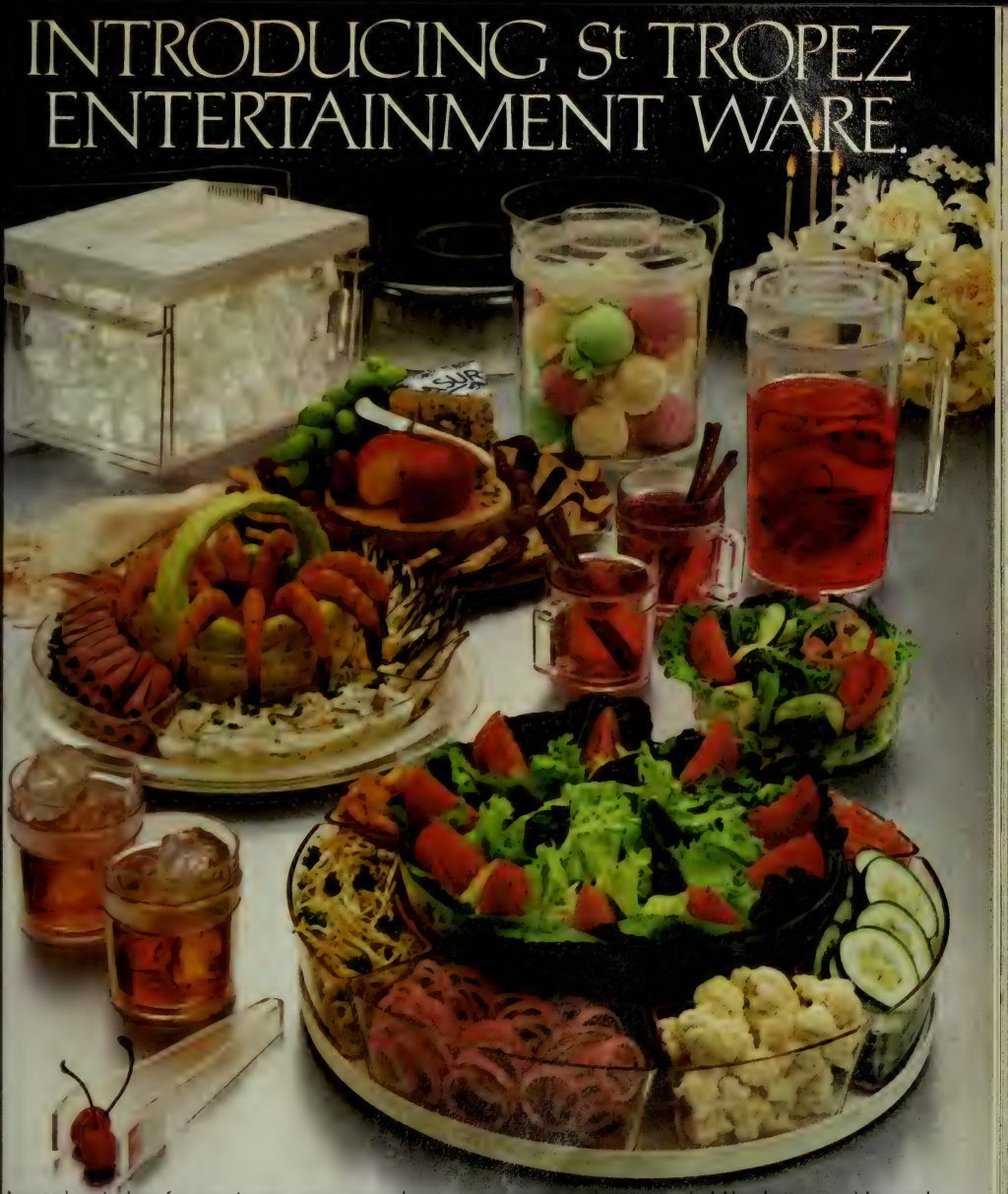
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IS TASTE,
THE CREATION
OF BEAUTY
IS ART.

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As much as it does for you, it says even more about you. St. Tropez™ elegant new entertainment ware from Thermo-Serv. A splendid array of designer sculpted art for your table top.

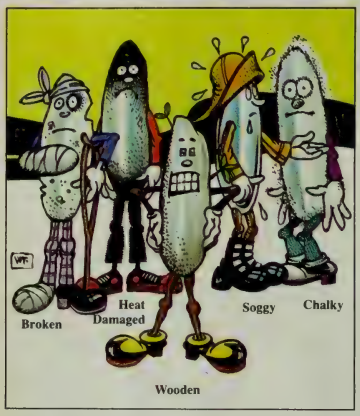
St. Tropez brings you the high fashion European look at a practical price. The exciting new home salad bar that lets your guests create their own salad. Handsome tumblers and mugs, clear or colorful. Ice preservers and serving tongs. Snack trays and cheese keepers. A stunning collection of beautiful yet practical entertainment ware.

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THE RICE TRUTH:

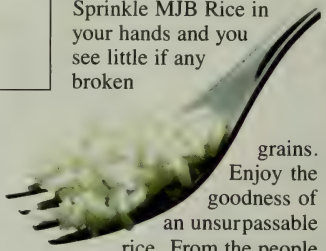


Ah! You've failed rice. It was wooden or soggy or mushy. You, who can whip up the wildest chocolate souffle...flunked rice. Might we point out that *you* may not have failed at all. In truth, you may have been living under the misconception that all rices are like all other rices.

This is not true. Some are mediocre. Some are outstanding—like MJB.

Away with Trial and Error Rice Cooking

All rices promise perfection. But only by beginning with the best can you *be* the best. Today, the government has nicely graded rice as they grade eggs. The grades range from One, the Elite, to Six which is passable. MJB's Grade One has a subtle sun-earth flavor and cooks up delectable. Exquisitely fluffy. Every time. Lift the lid off a pot of freshly steamed Grade One rice and inhale the warm wonderful aroma. You *know* the difference. Grade One is seeable in the box. Sprinkle MJB Rice in your hands and you see little if any broken grains. Enjoy the goodness of an unsurpassable rice. From the people who bring you Grade One Long Grain Rice.





MJB Another fine food from the MJB Family.

FOOD

Chocolate dress-ups

A garnish of chocolate can give a professional flair to pies, cakes, cookies, and beverages. Here's how to use semisweet, sweet, or milk chocolate and cocoa powder to create delicious finishing touches.

Use **grated** or **shaved chocolate** to sprinkle on whipped-cream-topped tortes and pies, frosted cakes, and ice cream desserts. For grating, use a firm square of chocolate and a hand grater, blender, or food processor; for shaving, use a swivel-bladed vegetable peeler.



Photograph: Dieter

Use **chocolate curls** for more elaborate decorating. Arrange them atop elegant desserts and whipped-cream-topped beverages. To make curls, let a bar of milk chocolate come to room temperature, then carefully draw a swivel-bladed vegetable peeler across the wide, flat side. To transfer a curl without breaking it, insert a wooden pick into one end and lift.

Use **melted chocolate** to drizzle over angel cake, bar cookies, and down the sides of frosted cakes. To melt chocolate, place 1 square (1 ounce) unsweetened chocolate and one teaspoon butter or margarine in a glass measure. Place measure in a small saucepan of water over low heat. Heat and stir constantly till the chocolate melts.

Use **cocoa** to paint designs atop frosted cakes and cookies. To mix the "paint," blend equal parts of unsweetened cocoa powder and warm water. Then use a small soft-bristled brush to paint the design atop hard, glossy white frostings. Let the cocoa dry several minutes.

Use small **chocolate decorative candies** for a super-quick garnish.

Clean-cut kitchens

Not everyone wants a kitchen decked out with pots and pans. Some prefer a clean-counter kitchen, and here are two shining examples.

Top right: In this kitchen, a potpourri of sculptured shapes delights the artistic eye. The round island houses a self-ventilating cook top with a circular utensil rack overhead. To the left is a wet bar, especially convenient when there's a party.

Casual meals are served from a round plastic-laminate table accented with black leather chairs. The roundness is repeated by the large chrome globe.

It's white that makes this small kitchen (13x7½ feet) look spacious and sparkling clean. White walls, cabinets, and appliances combine to stretch the kitchen visually. The only color comes from plants, pots and pans, and a rich chocolate carpet.

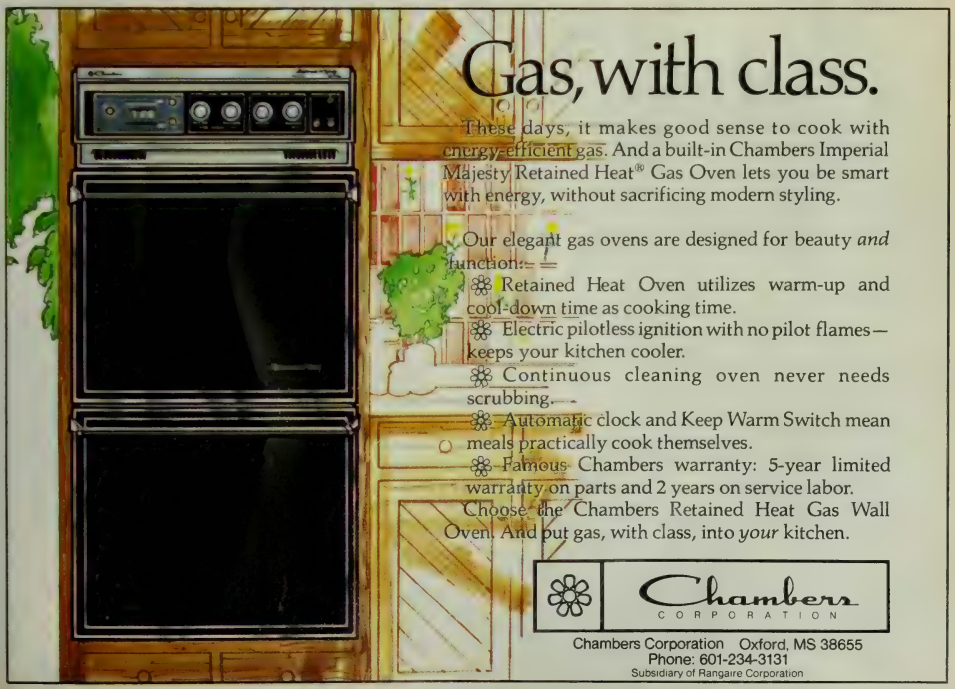
Bottom right: The homeowners replaced their old cabinets with custom-crafted new ones, and sanded and refinished the old oak floor hidden for years beneath worn linoleum. For easy cleanup, they chose plastic laminate in a butcher-block pattern for counters and backsplash.

Sticklers for details, the homeowners equipped their kitchen with unobtrusive ceiling spots for good lighting, soffit-area cabinets for seldom-used entertainment gear, and an open shelf niche for plants.





Photographs: Hopkins



OSCAR® BY COLEMAN.®
IT BEATS THE OTHER...COLD.

We know you're tired of lukewarm claims. So we commissioned a lab at a major state university to test Oscar against the other leading compact cooler.

COLD TEST RESULTS

Coolers were loaded with one 8-lb. block of ice, closed, and held at 100° F room temperature.	
Time to go from 40° F to 60° F.	
Oscar	**42 hours**
The Other Compact	**32 hours**
Test report available on request.	

The winner: Oscar. And you. If even the lower figures seem "comfortable" to you, remember this. A cooler may be exposed to much higher heat, especially in a parked car or car trunk. So whether you're spending a hot day at the beach, or using it as a second cooler on an extended camping trip, Oscar gives you an extra margin of cool. You can use less ice, have more room for food and drinks. And with the price of ice today, that's cool too.





Drink holders are built into the "flip-side" of Oscar's lid. A very neat feature, especially for boats or traveling.

Lid-locking handle makes Oscar secure when shut, easy to open. That handle is broad and contoured for comfortable carrying too.

Sit on it. Oscar's lid is extra-strong, and flat so you can sit on it. (Try that with the other compact!)

Good breeding shows. Oscar is built like its "big brothers" in the Coleman cooler lineup. And if you've ever been outside with any Coleman product you know...



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SUMMER IN THE CARIBBEAN

An Affordable Family Trip

by Kay Showker



Merengue dancers in Santo Domingo, Dominican Republic.

For many families, economy will be top priority in planning a summer vacation this year. That consideration makes the Caribbean an unbeatable choice. Here's why!

Traditionally, summer is the peak travel season and prices go up. In the Caribbean, however, summer is the off-season and prices go *down*. In fact, prices such as hotel rates may go down 50% or more. That means a room costing $100 in winter could be reduced to $40 in summer.

Mid-December to mid-April is the Caribbean's peak season. That's when cold-climate sufferers clamor for warm, sunny hideaways and hotel rooms in the Caribbean are at premium. But hotels cannot survive on four months of winter business. They need summer business also.

Aren't the tropics extremely hot in summer? No. Caribbean temperatures are constant year-round — mid 80's by day, mid-70's by night and cooled by tradewinds most of the time.

MORE FOR YOUR MONEY

In an effort to attract summer visitors, tourist boards, airlines and hotel associations on many islands have introduced travel packages which include all vacation components at substantial savings. Those travel packages usually include hotel, meals, sports, entertainment, car rental and sightseeing. Bonus features sometimes added to the packages make them an exceptional value.

With one package at one price, paid in advance, it's easier to budget the family vacation, avoiding little surprises which run up costs. Following is an example of a value-packed travel package.

The Best of Barbados. This vacation package ranges in price from about $115 to $538 per person (depending on hotel selected) plus airfare. The cost covers seven nights hotel accommodation, double occupancy, with two meals daily. Usually one or two children, age 12 and under, share the adults' room, free of charge. This package includes many other features. Here are just a few.

• round-trip transfers between the airport and your hotel;

Continued

LA TOC St.Lucia,WI.

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An elegant beachfront hotel and villa complex on the island of St. Lucia. With swimming, tennis, golf, water sports, dining, and entertainment. An ideal family location with 60 villas featuring a living room, kitchenette, and terrace. For more details, see your travel agent. Or, contact us.

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"A PRICELESS VIEW AND WORTH EVERY PENNY" *Margaret Zellers*

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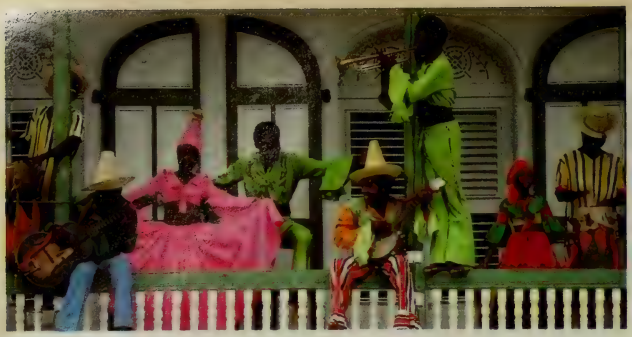
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Participating hotels may add their own features for tennis, squash, sauna, disco, transport to town and watersports.

Other islands have similar packages. While the basic concept remains the same, specific features may vary considerably with each island. You should review the choices with your travel agent.

AIR FARES

Sometimes air fares are included in a travel package price, enabling a family to participate in promotional fares and group rates. In other packages, air fares are not included. Fare prices depend on the month or time of week that you travel. With the recent deregulation of the airline industry, major airlines to the Caribbean — American, BWIA and Eastern — often have different fares to the same locations.

With advance planning, you may qualify for some type of discount air fare. Eastern Airline's Unlimited Mileage is one of the most flexible plans. It allows two adults or one adult and two children traveling together to fly any — even all — Eastern destinations with a minimum of 7 days and a maximum of 21 days. There are certain other restrictions regarding advance purchase and stop-overs. Ask your travel agent for details.

BWIA has initiated novel holiday packages using villas and apartments in Antigua, Barbados, St. Lucia and Montserrat. They are particularly good value for families on a low budget. The airline also has a special package for golfers to Trinidad and Tobago.

BWIA recently introduced wide-bodied jets for flights between New York, Barbados and Trinidad which should provide more space on these popular routes this summer.

Due to increasing fuel prices, air fares will continue to be the unknown factor for summer travel. But here's a tip: If you book and buy early, the price of your air ticket is guaranteed, even if the fare increases.

ACCOMMODATIONS — SIMPLE TO PLUSH

Accommodations throughout the Caribbean range from simple inns to

Continued

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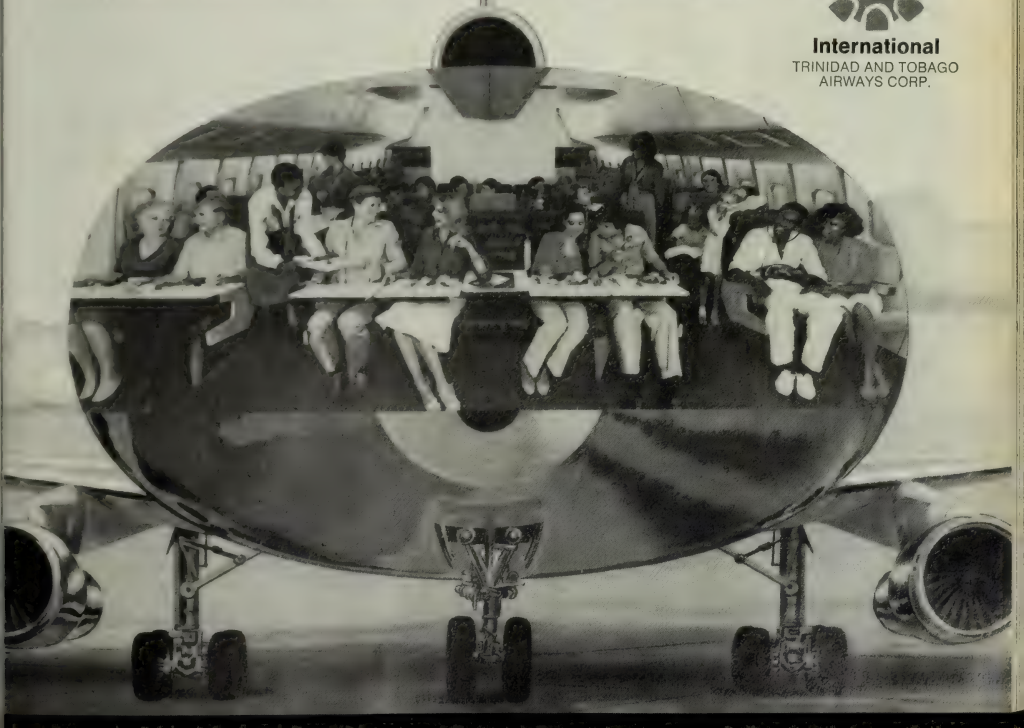
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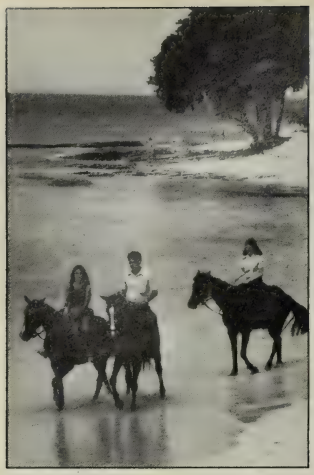
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plush, elaborate resorts. Selecting the right one for your family will largely depend on the type of vacation you enjoy.

Most island accommodations are small hotels of 20 to 50 rooms, operated by an individual owner or family. They are famous for their warm and friendly atmosphere!

Hotels are usually located on or near a beach and most have a swimming pool and watersport facilities.

Prices vary from $10 to $100 per person, per day, depending on the facilities and degree of luxury. A standard room generally costs between $20 and $40 per person, per day.

Even if an island does not offer an inclusive summer promotion package, its hotels offer reduced summer rates. And, most allow two adults to share their room with children. Many also have separate meal plans for adults and children.

Another type of accommodation may suit your family better. Guest houses, housekeeping apartments and cottages or villas, either privately owned or part of a hotel or resort complex, provide maximum privacy and are especially economical for large families.

CHILDREN AT HOTELS

Do hotels like to host children? In the Caribbean, the answer is a definite yes.

Hotels have created low rates to attract families and many offer special activities and facilities for the younger set.

Caribbean people genuinely love children. Relaxed and friendly, island life is ideally suited to children, even the most exuberant. Remember, summer is family time in the Caribbean so other hotel guests are likely to be families also.

SOMETHING FOR EVERYONE

Sports, history, culture, music, gambling, dance, nature — the Caribbean is a playground for the entire family!

Sports, for example. Few places in the world can match the range of sports and recreational facilities so easily accessible and readily available in the Caribbean. Summer guests can usually use the hotel's sports facilities free or at reduced rates.

There is tennis, golf, horseback riding, surfing, windsurfing, water skiing, rafting, rowing, deep sea or river fishing, snorkeling, scuba diving, climbing, biking, hiking, camping, hunting — and more!

NATURE

The Caribbean is one of the most beautiful natural settings in the world. Picnic on the beach by a secluded cove or on a mountainside. Jog on the powdered-sand beaches. Gather shells or watch the pelicans and butterflies flutter at the edge of land and sea.

In the Caribbean, under-water is a wonderland of color! The family's swimmers and scuba divers can search for sunken treasure and marvel at the variety of coral and fish. Or, enjoy the excitement from the security of a glass-bottom boat.

Any afternoon can be pleasurably spent in attractive boutiques where goods from around the world are duty-free. Take the children to an open market, full of color and exotic local fruits, vegetables and flowers. Don't forget your camera!

Caribbean evenings are an exciting blend of star-showered skies, beach barbecues and steel bands sounding the Caribbean beat. Do the limbo, catch the rhythm of the salsa or disco the night away.

FOREIGN INTRIGUE

A visit to any Caribbean island is a visit to a foreign land. Order a French lunch in Haiti and Martinique; pick up golf tips in Spanish in Puerto Rico or the Dominican Republic; savor a Dutch treat in Aruba and Curacao.

Your children will learn to count francs in Guadeloupe, pesos in the Dominican Republic or gilders in Saba and St. Eustatius.

While the family is introduced to new cultures, foods, foreign languages, new sights and sounds, you will have the security of knowing that English is used and understood throughout the islands.

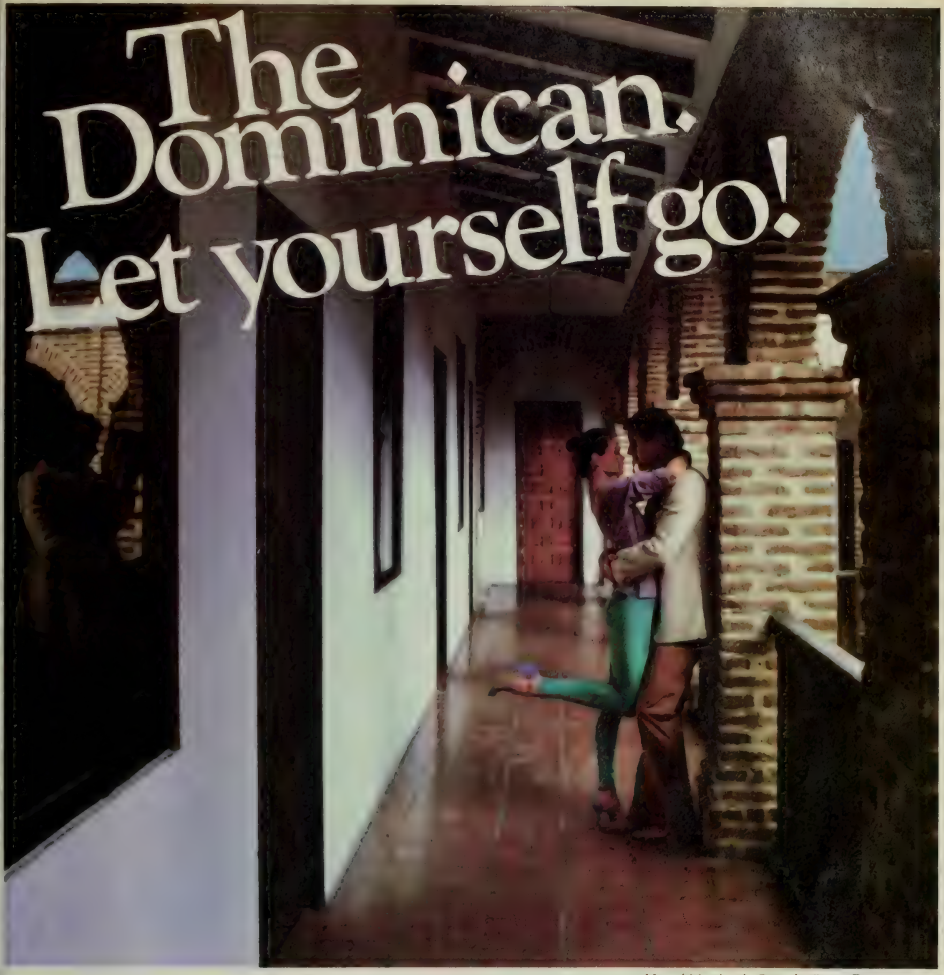
FESTIVAL TIME!

There's an unforgettable bonus provided summer vacationers in the Caribbean — Festivals! Festival time means parades, carnivals, sailing regattas, fishing competitions and sparkling merriment. Calypso, merengue and reggae beats are like spontaneous combustion. Before you know it, you will be tapping your feet and clapping your hands. Everyone in the family will be part of the fun!

SELECTING A DESTINATION

This article has presented only a quick glimpse of the Caribbean. There's much more history and culture and color!

Although the islands share many characteristics, each island has it's own unique flavor. Take the time to familiarize yourself with each. Background knowledge will help you select the destination best suited to your family's interests. Remember, Caribbean summer lasts through December 15th. And, summer in the Caribbean is one of travel's best bargains!



Hostal Nicolas de Ovando, Santo Domingo

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For details, see your travel agent.

Let yourself go. **The Dominican Republic.**

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Grouping for impact

No matter how unusual they are, small objects can lose their impact if they're scattered around a room. Clustered together, these same objects will get the attention they deserve and add personality to your room. Here are ways to dress up a space with organized "clutter."



Photograph: Ernest Braun. Design: Barbara Elliott/ Hofmann Co. Field editor: Helen Heitkamp

Fragile collections such as seashells often end up partially hidden on glassed-in shelves. In this cocktail-table display case, the shells are in full view but still protected from dust and curious fingers. The 28x40-inch sandbox section is made from 1x2s and floats on a 1x4 frame base with cross supports. The weight of the glass top keeps it from tipping. Instead of using sand as a filler, you might try wood chips, pebbles, or whatever material sets off your collection.



Photograph/Field editor: Jessie Walker Associates

This appealing family photo display would warm up almost any corner. Informal snapshots, most of them placed in easily changed acrylic frames, are carefully combined with other small personal accessories. Complementary shapes and textures work together to form a unified arrangement.



Photograph: Fred Lyon. Design: Bruce Rahm
Field editor: Barbara East Cathcart

You can create an eye-catching grouping similar to this one by putting your jewelry on decorative display. This collection consists of bracelets, beads, rings, and antique cosmetic items—all artfully arranged on wicker baskets and stands. In addition to providing interest in a bedroom, an arrangement like this puts frequently used jewelry within easy reach.



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TRAIN TREKKING ACROSS CANADA



Traveling through Canada by train is one of the great North American vacation adventures. Canadian rail travel offers experiences and options you won't find anywhere else on this continent. Besides that, Canadian trains are convenient, comfortable, energy efficient, and relatively inexpensive.

Historically, two great railroad networks provided nearly all Canada's rail service—the government-owned Canadian National and the privately owned Canadian Pacific. But a couple of years ago, VIA Rail Canada Inc., a corporation somewhat similar to our Amtrak, took over most of Canada's rail passenger services.

WHAT TO EXPECT

Vacationing by train allows you to savor Canada as no other form of transportation can. Several lines (chiefly in Ontario and British Columbia) penetrate regions inaccessible by car. You can lean back and listen to the wail of a locomotive whistle across the lonely black woods, chase a summer thunderstorm over the prairie, skirt the shores of vast Lake Superior under a full moon, or just marvel at each spectacular new view as your train crawls over the Canadian Rockies. And you'll never forget experiences like watching the dawn along the St. Lawrence as the first pink rays of sunlight illuminate Québec's Citadel across the river.

You'll note significant differences between U.S. and Canadian rail service. In Canada, sleeping cars are more widely available, and there's a bigger choice of accommodations at different prices (bedrooms, roomettes, and upper and lower berths on most overnight trains). Even medium-sized depots usually have eager young redcaps to help with the baggage.

Depending on the train and the length of the run, meal service can range from a full-fledged diner (with real linen, heavy silver, fresh flowers, and wine list) to a coffee shop car serving a more modest selection of hot meals, or hamburgers dispensed from a microwave. Evening entrées on a typical dining car menu usually cost $5 to $7, and children's portions generally are available. On at least one run (Nova Scotia's *Dominion Atlantic*), mealtime is reminiscent of rail travel in Western states a half century ago. Passengers eat in depot restaurants at regularly scheduled stops.

NO SHORTAGE OF OPTIONS

Though veteran rail travelers say some of the bloom has faded from Canada's great transcontinental trains, we didn't notice it when we traveled all the major Canadian rail routes through all the provinces last summer. In fact, we were delighted with our findings! Service was uniformly good, and trains ran on time (though they were crowded in midsummer). Railcars were clean and in good shape, and personnel were mostly efficient and courteous. Keep in mind, too, that U.S. dollars buy more in Canada these days than they do in the States ($1 U.S.=$1.15 Canadian was the exchange rate when we went to press, though the rate fluctuates). The following pages feature the best of our vacation discoveries coast to coast while we train trekked across Canada.

continued

Illustration: Steve Hunter, Hellman Design

TRAIN TREKKING ACROSS CANADA

Maritime Provinces

Traveling by train through New Brunswick and Nova Scotia is ideal for vacationers who like to explore leisurely on their own, detouring or stopping over whenever new discoveries beckon. The Maritime Provinces are a world of quaint villages, rural landscapes, small fishing harbors, and hospitable people.

Three sleeper-equipped "name" trains serve Saint John, New Brunswick, and Halifax, Nova Scotia; several branch lines and secondary trains take you off the beaten track. This ideal loop trip is easy to complete in a week.



BOUND FOR SAINT JOHN

The *Atlantic* departs Montreal's Central Station every evening for Saint John. The train speeds through eastern Quebec at dusk, stopping in small towns with French names.

Early in the morning, you arrive at Fredericton Junction, where you can continue by train to Saint John or take about a 30-mile bus ride to Fredericton. Both are worthwhile stopovers, particularly if you're interested in the history of the Loyalists who settled here during the American Revolution. You can view the Bay of Fundy's awesome tidal fluctuations at Reversing Falls Rapids in Saint John or at nearby Fundy National Park. Shopping is especially convenient for train travelers in both cities.

Cross the Bay of Fundy by ferry (2½ hours) to the tiny port of Digby, Nova Scotia. The single-diesel railcar that serves this northern shore of Nova Scotia is a delight. It putts along and stops at nearly every crossroads.

Guesthouses and small hotels in villages along the line invite you to linger awhile. Your conductor can recommend good ones. Three National Historic Parks add to the pleasure.

STOP BY HALIFAX

A stopover in Halifax, largest city in the Maritimes, should include a visit to the Citadel, with its view of the city and harbor, and museums. The city's Historic Properties area and waterfront are in the midst of restoration. Shopping for handicrafts and cruising the harbor are popular pastimes.

Seafood dining in Halifax is probably the best along your rail-based route. Halifax offers plenty of accommodations, too, including Hotel Nova Scotian, part of the railroad station (doubles from $43 to $49 Canadian; *$37 to $42 U.S.*).



Photograph: Barry Anderson

A picturesque Maritime fishing village

You can rent a car for the day and drive the scenic Lighthouse Route along the south shore. Be sure to take the short detour to Peggy's Cove.

CAPE BRETON DETOUR

Reserve two days for Sydney and Cape Breton Island (make connections with the branch line train at Truro for the six-hour trip). Coastal landscapes *en route* are dramatically bleak. A visit to the historic French fortress of Louisbourg (June through September; guided tour from Sydney) is one highlight.

Rail buffs will want to ride the vintage Cape Breton steam train. And if you have time, rent a car and drive the Cabot Trail to view outstanding seascapes. Though lodgings in Sydney are somewhat limited, there is a Holiday Inn (doubles $30 to $37; *$26 to $31 U.S.*).

NEWFOUNDLAND AND BEYOND

Newfoundland no longer has through train service, but you can get there by ferry from North Sydney, then take a bus to St. John's. VIA also offers rail/bus tours that include the province. A typical 12-day package from Montreal costs $800 per person *($675 U.S.)*.

Returning to Truro and continuing northward on the *Ocean,* consider two more detours—to Bathurst, for a side trip by bus to the Acadian Historical Village at Caraquet (open June through September), and to the Gaspé Peninsula. You can make connections with the branch line train at Matapedia, Québec. If awkward schedules require an overnight stay, the Fundy Line Motel and Wandlyn Motor Inn in nearby Campbellton are good choices ($26 to $35 double; *$22 to $27 U.S.*).

The train follows the south shore past fishing villages nestled between bays, beaches, and cliffs. Percé, the end of the line, is your best bet for an overnight stop. Try La Normandie Hotel ($24 to $34; *$20 to $29 U.S.*). To really savor the Peninsula, rent a car for the return trip along the north shore. Then you can stay at one of the country inns on the way, dine on seafood, and shop for local crafts.

For more information, write Bob Beairsto, Nova Scotia Department of Tourism, Box 130, Halifax, Nova Scotia B3J 2M7, or contact W. P. Kilfoil, New Brunswick Department of Tourism, Box 12345, Fredericton, New Brunswick E3B 5C3.

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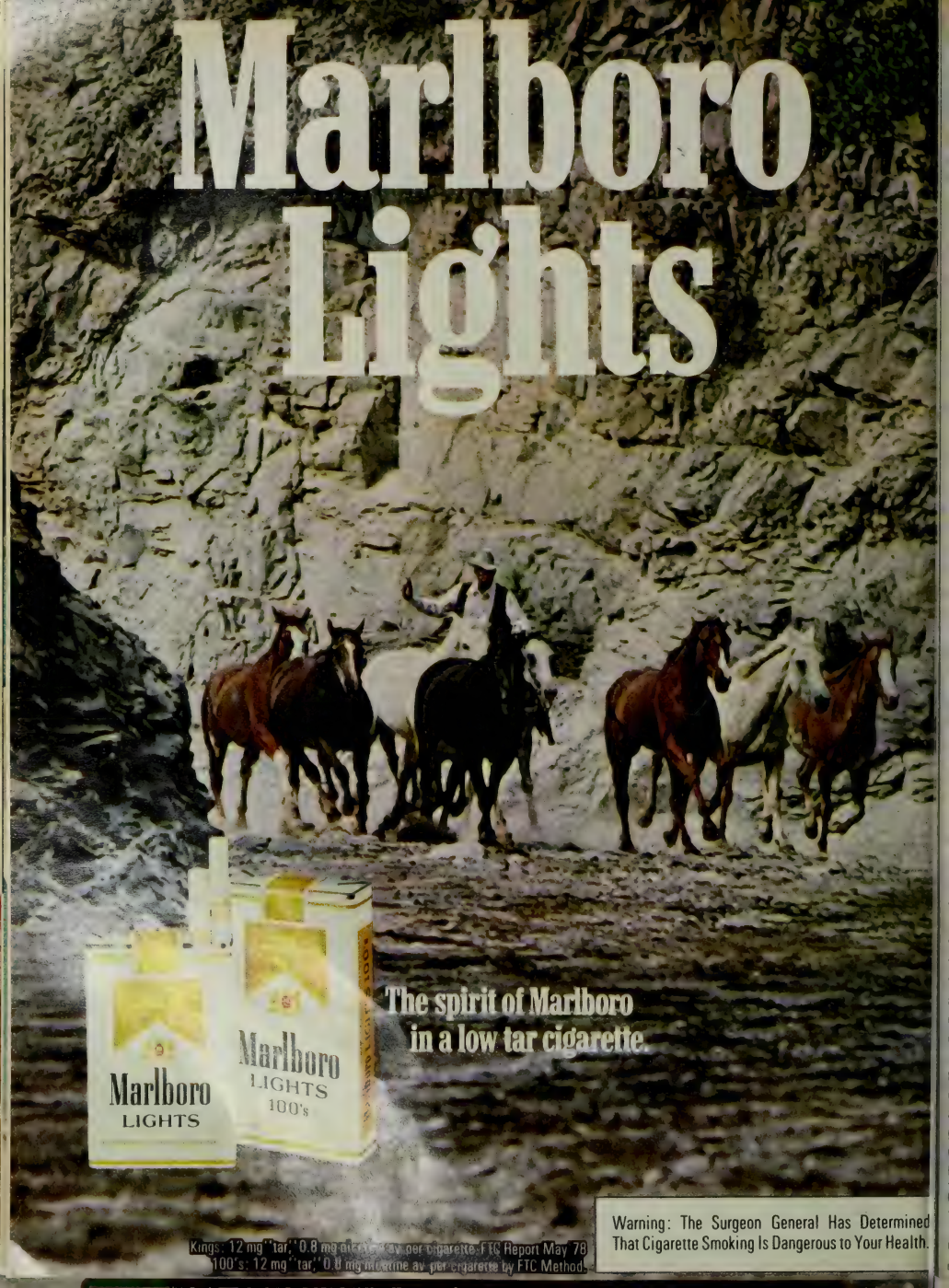
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TRAIN TREKKING ACROSS CANADA

Great Cities Corridor

Put them together, and Québec City, Montreal, Ottawa, and Toronto present an exciting panorama of urban living. From the 18th-century European atmosphere of Québec to the 21st-century thrust of Toronto, each city has its own magnetism, freshness, and style.

VIA Rail links these metropolises along a fast 554-mile route. Amtrak connects with VIA Rail in Montreal (from New York) and in Toronto (from Buffalo and Chicago/Detroit).



QUÉBEC CITY

Québec exudes old-world charm and French tradition. The best way to explore is on foot or in a colorful horse-drawn *calèche.* If time is short, concentrate on the old city.

The place to stay is magnificent old Château Frontenac (doubles $43 to $62; *$37 to $53 U.S.*). Next door is the modest Château de la Terrasse (doubles $28 to $40; *$24 to $35 U.S.*).

One scenic overnight rail detour from Québec goes north past the wilderness of Laurentides Provincial Park to Chicoutimi and beautiful Lac St. Jean. From there, you can take a cruise on the fjord-like Saguenay River.

Between Québec and Montreal, there's a choice of routes on each side of the St. Lawrence River. Along the north bank, you can stop at the historic old French city, Trois Rivières.

MONTREAL

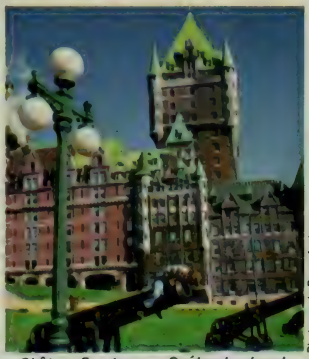
If Québec City is the heart of *La Belle Provence,* Montreal is its modern French spirit. Outstanding cuisine, entertainment, and shopping are among the prime lures.

Your visit should include Old Montreal; the Man and His World complex, to explore the environment of the future; Mont Royal Park; performing arts at the Place des Arts; and dining at gourmet restaurants. Tours via bus and carriages leave Dominion Square Park.

Rooftop Bonaventure Hotel, across from Central Station, is a convenient overnight choice (doubles $66 to $77; *$56 to $65 U.S.*). Less costly options are guesthouses like The Ambrose ($20 double; *$17 U.S.*) and Château Versailles ($30 to $35; *$25 to $30 U.S.*).

OTTAWA

Though Ottawa may be somewhat overshadowed by its bigger, more vibrant city neighbors, Canada's capital city is definitely worth a day of sightseeing. Ottawa lies just two hours from Montreal on the main line, so you can combine traveling to Ottawa and a stopover into the same day.



Photograph: Barry Anderson

Château Frontenac, a Québec landmark

This beautiful, slow-paced city of parks and dignified architecture boasts some of Canada's finest museums. Don't miss the changing of the guard at Parliament (10 a.m. in summer) and views from a river excursion boat.

If you decide to bypass Ottawa, you can take a more direct line between Montreal and Toronto that follows the St. Lawrence past New York's Thousand Islands vacation region. You may want to consider a stopover at Kingston, Ontario, departure point for cruises through the intriguing Thousand Islands.

TORONTO

Toronto is one of the East's most exciting cities, with plenty of sight-seeing, entertainment, and night life, plus futuristic architecture. The lofty observation deck or revolving restaurant of the CN Tower is a good place to begin sightseeing. Stop by the startling greenhouse-like Eaton Center, too, with its hundreds of shops, restaurants, and entertainment facilities. You'll enjoy a harbor cruise and Ontario Place, the amusement/concert center on a lakefront island. Other highlights include restored Fort York, the Marine Museum, Science Center, and Royal Ontario Museum.

The grand old Royal York Hotel, opposite the depot, is a great place to stay (doubles $51 to $57; *$43 to $48 U.S.*). But there are a half-dozen convenient and less expensive hotels, like the Chelsea Inn ($38 double; *$32 U.S.*) and Bond Place ($32 double; *$27 U.S.*).

For more information, contact: Tourism and Convention Bureau, Québec Urban Community, 60 d'Auteuil, Québec City, Québec G1R 4C4; Convention and Visitors Bureau of Greater Montreal, Box 889, Place Bonaventure, Montreal, Québec H5A 1E6; Canada's Capital Visitors and Convention Bureau, 222 Queen Street, Ottawa, Ontario K1P 5V9; Convention and Tourist Bureau of Metropolitan Toronto, Eaton Centre, 220 Yonge Street, Suite 110, Toronto, Ontario N5B 2H1.

continued

TRAIN TREKKING ACROSS CANADA

Ontario

The size of Ontario is deceptive. The province is larger than Texas—by far—though there's seldom enough difference in elevation to put Ontario's endless woodlands in perspective. But board VIA's *Super Continental* or *Canadian* in Toronto and debark in Winnipeg some 1,250 miles later, and you'll begin to appreciate Ontario's vastness.

CHOICES IN TWO DIRECTIONS

When you reach Sudbury, you have two options. Take a short bus ride to Capreol and board a local train that travels through some of the province's best wilderness (via Hornepayne, Nakina, and Sioux Lookout), stopping in tiny towns where the train is the major link with the outside world.

Or, you can travel VIA's *Canadian Super Continental,* which takes the southerly route around the scenic north shore of Lake Superior (via Thunder Bay). Resorts are scattered throughout this part of Ontario. Parry Sound on Georgian Bay is one popular resort area. The Elliot House there and the Crane Lake Lodge both offer reasonably priced accommodations.

Cruises to Fort William Historical Park depart from the bustling port city of Thunder Bay. It's worth considering as a stopover *en route* to Winnipeg or as turnaround point for a weekend rail excursion from Toronto.

MORE THAN WILDERNESS

South and west of Toronto—the neck of the province separating Lake Huron and Lake Erie—lie rich farm and orchard country, hundreds of small towns, and several medium-sized cities. VIA Rail serves this high-speed corridor with nine trains each way daily between Toronto and Sarnia/Windsor (Port Huron/Detroit, Michigan) and five each way that terminate at Stratford or London.

Several cities in this area make good one-day or weekend destinations: Kitchener, with its Amish and Mennonite Farmer's Market (Saturdays all year, plus Wednesdays June through September) and a rollicking Oktoberfest; Stratford, which hosts a famous Shakespearean Festival June through mid-October; and London, a cultural pocket, boasting outstanding museums and galleries, excellent symphony, and fine live performances by theater companies.

Another branch line from Toronto skirts Lake Ontario to Niagara Falls. Three trains daily make the trip in under two hours. You'll need reservations to stay overnight at this tourist destination. At nearby Niagara-on-the-Lake, the renowned George Bernard Shaw Festival features drama, dance, opera, and music May through September.





Photograph: Ontario Ministry of Industry and Tourism

Rugged and roadless Agawa Canyon

UNIQUE RAIL ADVENTURES

Two independent railroads offer one-of-a-kind excursions in Ontario. The Algoma Central Railway runs northward 114 miles from Sault Ste. Marie to ruggedly beautiful and roadless Agawa Canyon (daily May 31 to October 13th). The trip, which includes a two-hour stopover for sight-seeing, hiking, or a picnic before returning to Sault Ste. Marie the same day, can't be equaled when brilliant autumn color ignites the Canyon.

The railroad also operates a two-day round-trip train tour to Hearst. An overnight stay is required in that French-Canadian town for round-trip connections. For Algoma Central schedules and fares, write Passenger Marketing, Algoma Central Railway, 129 Bay Street, Sault Ste. Marie, Ontario P6A 5P6.

Ontario Northland runs a triweekly mixed freight and passenger train from Cochrane (overnight VIA connection from Toronto) directly north 186 miles to Moosonee near James Bay—150 miles beyond the nearest road. The train rattles leisurely along, stopping here and there to pick up an Indian family or let off a group of fishermen or canoeists. The *Polar Bear Express,* strictly a passenger train, travels the same route daily except Fridays mid-June to early September. For rail schedules and fares, contact the Ontario Northland Railway, Passenger Services Department, 195 Regina Street, North Bay, Ontario P1B 8L3.

There are several junkets you can make from Moosonee, including a 15-minute canoe trip to Moose Factory Island to view 18th-century buildings from the original Hudson Bay outpost. For an overnight stay, be sure to make reservations at one of two area lodges (doubles about $38; *about $32 U.S.*). Contact M. Tyler, 11 Bethridge Road, Rexdale, Ontario M9W 1M6.

For more information about Ontario, write Ontario Travel, Queen's Park, Toronto, Ontario M7A 2E5.

continued





Now you see him.

Now you don't.

Flash! I got the shot anyway.



Just when I wanted a second shot of my son Chris on the beach one evening, he did the great cover-up. Which, for me, created an even better shot.

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Kodak Tele-Ektralite 20 camera.

1880 Kodak *1980*

America's Storyteller

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(Even if yours isn't)

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We believe you can't buy a finer soap for skin care than Neutrogena. And now you can find it in four formulas, adapted for different skin types. So whether you have a skin problem or just don't want one, give your skin the best care you can. Consider Neutrogena soaps, developed for sensitive skin. One of them is bound to be good for you.



Look for it at better drugstores everywhere.

© Neutrogena Corp., 1979

TRAIN TREKKING ACROSS CANADA

Prairie Provinces



For rail travelers, Winnipeg is the demarcation point between Canada East and West. Northern (Canadian National) and southern (Canadian Pacific) transcontinental lines converge in the city, then divide and remain apart virtually all the way to the Pacific. Winnipeg marks a sharp geographic change as well. To the east, the lake and woods country of Ontario extends nearly to Toronto. Westward, the prairies stretch out to the Rockies beyond Edmonton and Calgary.

The rail journey across the Prairie Provinces is like a voyage on some vast inland ocean. You speed across endless undulating seas of wheat, passing tiny prairie towns marked only by grain elevators that poke up over the horizon, flash by your window, and then sink below the horizon once again. Both east and westbound *Canadians* and *Super Continentals* run on nearly identical schedules, crossing Manitoba in darkness and most of Saskatchewan and Alberta during daylight.

WAYS OF WINNIPEG

Stop over in Winnipeg and subtle differences will tell you this is where the West begins. Accents seem a little broader, attire a little more casual, and the pace more relaxed. Besides that, restaurants seem to feature more beef and shorter wine lists. There are more pickup trucks on the streets, too.

But the city also holds some surprises. Culturally, Winnipeg is the most important city west of Toronto. It's the home of the renowned Royal Winnipeg Ballet, the Winnipeg Symphony, the Manitoba Theater Centre, and the Manitoba Opera Association. Be sure to visit the fine Museum of Man and Nature and the planetarium at the Centennial Centre. The Winnipeg Art Gallery is western Canada's finest.

If you have an extra day, take a cruise on the Red River to Lower Fort Garry, a well-preserved Hudson Bay post. On Sundays (June through September), the Prairie Dog Central Railroad operates steam trains on a 36-mile round trip to the little town of Grosse Isle. During summer, the *M. S. Lord Selkirk II* offers two- to four-night cruises ($155 to $480 per person double; *$132 to $408 U.S.*) on huge Lake Winnipeg, with bus service from the city. For cruise details, write Sub-Arctic Expeditions Inc., 1065 Ellice Avenue, Winnipeg, Manitoba R3G 0E1.



Photograph: Barry Anderson

Fort Garry, preserved Hudson Bay post

The excellent Winnipeg Inn (doubles $55 to $57; *$47 to $49 U.S.*) and the Holiday Inn (doubles $48 up; *from $41 U.S.*) are centrally located.

BOOMTOWN SHINDIGS

In your eagerness to reach the Rockies—high point of any Canadian rail journey west—don't overlook Calgary and Edmonton. Each merits a stopover and at least a day of sight-seeing, particularly if your trip coincides with the Calgary Stampede (second week in July) and/or Edmonton's Klondike Days (third week in July).

Both cities are modern boomtowns with a robust Texas-in-Canada atmosphere. Their annual celebrations are wild and woolly affairs including parades, street dancing, entertainers, horse racing, raft races, fireworks, and chuck wagon breakfasts. The Calgary Stampede is billed as one of North America's biggest and best rodeos.

Which transcontinental train you take more or less dictates which of these Alberta cities you see. If you want to include both, the twice-daily, self-propelled railcars that run between the two cities (about 3½ hours) make a convenient rail link.

During summer, hotel reservations are advisable, and they're absolutely essential in July. In Edmonton, the Four Seasons (doubles $55 to $65; *$47 to $55 U.S.*) is just four blocks from the depot; the more modest Edmonton Travelodge (doubles $26 to $31; *$22 to $26 U.S.*) also is convenient. In Calgary, both the Calgary Inn (doubles $54 to $64; *$46 to $54 U.S.*) and the Holiday Inn (doubles $39 to $49; *$33 to $42 U.S.*) are short taxi rides from the train station.

NORTH TO HUDSON BAY

Unlike the Maritime Provinces, the Prairie Provinces don't offer lots of mini rail adventures. But there's one marathon trek north from Winnipeg to Churchill on Hudson Bay. The 2,000-mile round trip takes a minimum of five days. VIA Rail offers a package tour—the best way to go—leaving Winnipeg every Sunday and Tuesday from June to September (prices start at $550 per person; *at $467 U.S.*).

For additional Prairie Provinces information, write Manitoba Government Travel, 200 Vaughan Street, Winnipeg, Manitoba R3C 0P8; Saskatchewan Tourism and Renewable Resources, 3211 Alberta Street, Regina, Saskatchewan S4S 5W6; or Travel Alberta, Box 2500, Edmonton, Alberta, T5J 2Z4.

continued

TRAIN TREKKING ACROSS CANADA

The Rockies to the Pacific

Nothing quite prepares you for the Canadian Rockies. They rise abruptly from the Alberta plain, forming a magnificent wall of rock and ice beyond Calgary and Edmonton.

Both VIA transcontinental trains penetrate the heart of this spectacular country. The *Canadian* offers the best daylight sight-seeing in both directions and stops at Banff and Lake Louise; the *Super Continental* stops at Jasper. Your best bet is to go one route and return the other, stopping over to explore the four great national parks (Banff, Jasper, Yoho, and Kootenay) by rental car, bus, bike, or guided tour.

SUPER PARKS IN THE ROCKIES

Take two or three days to visit the parks and to drive the magnificent 160-mile Columbia Icefields Parkway. If you have a bit more time, you can explore by bicycle (rentals in Banff and Jasper) or on a horse-packing trip. Hiking also is excellent in all four parks, and you can arrange for white-water raft trips.

The parks' grand old hotels—the Banff Springs, Château Lake Louise, and Jasper Park Lodge—qualify as destinations in themselves. They bear witness to the opulence of the railroad baron era. A visit, though expensive (doubles start at about $70; *$60 U.S.*), is a once-in-a-lifetime experience.

ON THROUGH THE MOUNTAINS

Beyond Mt. Robson, highest point in the Rockies, both rail routes thread through the mountains. The *Super Continental* follows the North Thompson River; the *Canadian* trails the Kicking Horse. Ask for the VIA publication *From Mountainside to Oceanside* (free) for a description of both routes.

Hikers may want to stop over at Revelstoke, adjacent to Mt. Revelstoke National Park. Sun-seekers should consider Kamloops, gateway to the Shuswap Lakes (houseboating) and Okanagan (lakeside resorts) regions.

The two rail routes come together again and share alternating banks of the rolling Fraser River as they squeeze through the canyon between Lytton and Hope. Find a seat in the dome car for the trip through this awesome gorge.

VANCOUVER AND MORE

Vigorous Vancouver is the end of the line for most transcontinental railfarers, though you can detour northward on the British Columbia Railway or take Amtrak's once-a-day connection to Seattle and points south. Schedule a week or so if you can to explore Vancouver, possibly the most attractive city in the West; nearby Victoria on Vancouver Island; the coast; and offshore islands.





Photograph: Barry Anderson

The incomparable Canadian Rockies

To put Vancouver's water-oriented setting into perspective, view it from atop Grouse Mountain, a six-minute aerial tram ride up. Thousand-acre Stanley Park, the zoo, aquarium, cricket matches, and scenic beaches all should be on your sight-seeing list. The restored old Gastown district and adjacent Chinatown offer dining and shopping. Railroad nostalgia buffs will want to ride the steam-powered *Royal Hudson* on its six-hour round trip to Squamish (Wednesday through Sunday, mid-May to September).

Vancouver has more than its share of excellent hotels. Try the Bayshore for a scenic and expensive waterside location (doubles from $75; *from $64 U.S.*). Across Lion's Gate Bridge in North Vancouver are several moderately priced motels like the Coach House Inn ($34 to $39 double; *$29 to $33 U.S.*) and Lion's Gate Travelodge (starting at $27 double; *from $23 U.S.*).

Don't miss British Columbia's quaint, decidedly English capital, Victoria, at the southern tip of Vancouver Island. The city is most easily reached by air (frequent daily flights from Vancouver) or by bus and automobile ferry (from Vancouver, Horseshoe Bay, and Tsawwassen).

UNIQUE MINI-ADVENTURES

For inveterate railroad explorers, British Columbia offers two of the best off-the-beaten-track routes. Both penetrate the province's wilderness.

At the town of Jasper, the *Skeena* makes connections with the *Super Continental,* then meanders across the province via Prince George to the saltwater port of Prince Rupert. At Prince Rupert, you have the option of returning to Vancouver by plane or by rail, boarding a ferry for the trip up the Inside Passage to Alaska, or crossing by ferry to Vancouver Island and continuing to Victoria or Vancouver by bus. The historical Esquimalt and Nanaimo Railway also operates daily trains between Courtenay, midway along the Island's eastern shore, and Victoria.

The privately owned British Columbia Railway offers triweekly service over another route from North Vancouver north to Prince George. There you can

continued

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JAPAN	81	Kyoto	75
Amagasaki	6	Nagasaki (Nagasaki)	958
Chiba	472	Nagasaki	23662
Fukuoka	92	Nagoya	52
Gifu	582	Niigata	252
Hamamatsu	534	Nishinomiya	798
Himeji	792	Okayama	862
Hiroshima	822	Osaka	6
Iwaki Tomioka	2402	Sakai (Osaka)	722
Kagoshima	992	Sapporo	11
Kanazawa	762	Sendai (Miyagi)	222
Kawasaki Buzen	9477	Shizukawa	22646
Kawasaki	44	Tokyo	3
Kitakyushu	93	Toyonaka (Osaka)	6
Kobe	78	Toyonaka (Sanuki)	87562
Kumamoto	963	Yokohama	45
Kurashiki	864	Yokosuka	562

Bell System

continued

Train trekking across Canada

make connections with the *Skeena* for a loop route from Vancouver. Also available are several other new triangle tours that combine more of the area's spectacular scenery with the *Skeena* trip through Fraser Canyon.

For more about sight-seeing and attractions in British Columbia, write Bryan McGill, Tourism British Columbia, 1117 Wharf Street, Victoria, British Columbia, Canada V8W 2Z2.

When and where to go

Your VIA Rail vacation schedule depends largely on what part of Canada you'd like to visit, how much time you have, and how much you can afford to spend. Traveling the full transcontinental circuit is fantastic, but shorter excursions are super, too, and more manageable for most vacationers.

The trip through the Canadian Rockies to Vancouver is tops in popularity. One typical all-inclusive two-week tour package includes sight-seeing, three nights' accommodations each in Banff, Jasper, and Vancouver (other nights on the train), and a side trip to Victoria. Cost from Toronto is $1,150 per person *($975 U.S.)*. Or you can make the same trip in a week for $358 per person *($305 U.S.)*, including the price of an upper berth but no meals or stopovers along the way. Traveling in coach costs you even less, $254 *($215 U.S.)*.

Another option is to make the trip one way by rail and return by air. Fly/rail packages are available in conjunction with Air Canada and Canadian Pacific Air.

Special rail travel buys

The Canrailpass is an excellent buy for footloose vacationers. For example, you can purchase eight days of unlimited travel anywhere in the Québec-Windsor corridor for $100 *($85 U.S.)*. In the eastern provinces, which are ideally suited to short-hop exploring, $180 *($153 U.S.)* buys 15 days of unlimited travel on all rail lines anywhere in Canada east of Winnipeg.

Other discounts include group rates for three or more full fares or the equivalent. A family of four may qualify, since two half-fare children (ages five to 11) count as one full fare. Youngsters under five travel for free, when each child is accompanied by at least one adult.

There also are reduced fares for senior citizens and one- to three-day and seven- to 30-day excursion fares. Round-trip excursion rates equal the full price of a one-way ticket to your destination, plus one-third of the return fare. Certain restrictions (regarding travel times, etc.) apply. In fact, seven- to 30-day excursion tickets aren't honored for rail travel from mid-June to mid-September.

VIA Rail offers a variety of rail/auto packages as well. Typical is a 12-day loop trip through the Maritime Provinces, which includes two days' car rental to explore local attractions at Halifax, Sydney, and Moncton. The price is $475 per person *($405 U.S.)* from Montreal, including sleeping-car accommodations.

And along the way

Even if you don't rent a car, getting around at stop-off points along the line is easy. Depots in all the big Canadian cities except Ottawa and Québec are situated downtown within convenient walking distance of major attractions. Reaching Ottawa and Québec calls for short bus or ferry rides. In the eastern cities, particularly, excellent subway connections and/or bus service link train depots quickly and conveniently with outlying areas, too.

One enduring legacy of the two great Canadian rail passenger services is the string of grand old hotels in every major city from Halifax to Victoria. Some, like the Nova Scotian in Halifax, are conveniently part of the railroad station itself; others, like the Banff Springs and Algonquin, are elegant resort destinations.

How to find out more

For schedules, tickets, and information, contact a travel agent or write to Brian Heath, Public Relations, VIA Rail Canada Inc., Box 8116, 1801 McGill College, Floor 13, Montreal, Québec H3C 3N3. VIA Rail also has U.S. offices in Buffalo, Chicago, Detroit, New York, and San Francisco. Check your telephone book Yellow Pages.

—Barry Anderson

Kitchen makeover on a budget

When Delphia Lamberson decided to update the kitchen of her 1920s bungalow, she resolved to keep costs to a minimum and to achieve a look that would harmonize with the rest of the house. Careful planning and thrifty recycling helped her reach her goals.

To curb costs, Delphia decided to leave the wall structure of the original kitchen intact. She also retained the existing ceiling and unearthed a hardwood floor that had been buried under multiple layers of old linoleum.

The antiquated plumbing and wiring were removed when the kitchen was gutted, so Delphia was free to place appliances where they would work best for her. She chose an L-shaped work area, with a small addition at the short end of the L for extra counter space. The appliances are all moderately priced—good and sturdy, but not the top of the line. The counters are practical plastic laminate.

Delphia had the wall-hung cabinets placed slightly higher than normal so their tops would be level with the window and door frames. Now the continuous line of white near the ceiling draws the eye around the room without interruption, and keeps the room from looking chopped up and ill-planned.

Track lighting was chosen as a practical, flexible way to illuminate the entire kitchen. However, Delphia placed an additional fixture above the sink to spotlight that important work area.

To accentuate the existing dining area and butler's pantry at one end of the kitchen, Delphia added ornate architectural brackets to the large open doorway between the two rooms. She painted the brackets and woodwork white to match the appliances and new cabinetry. The old butler's pantry opposite the small dining table serves as a storage cabinet for china, glassware, and linens *(near right)*, and provides extra counter space for buffet entertaining.

The only major architectural change Delphia made was to shift the position of an awkward back doorway and replace the door itself. The new doorway was built to accommodate a more decorative door that was originally at the front of the house. The recycled door with its many panes of glass opens up the butler's pantry by acting as a tall window. The relocation of the doorway ensured easy access to a new deck, just beyond.

To meld the remodeled areas with the rest of the house, Delphia papered both the kitchen and the butler's pantry with delicately patterned blue and white wallpaper. The white woodwork, ornate brackets, and decorative chair rail enhance the old-time feeling. Artistically displayed antiques also help to blend the new with the old.



Photographs: Maris/Semel. Design: Delphia Allen Lamberson. Field editor: Ruth Reiter





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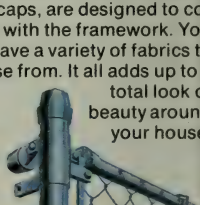
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TIPS, TOOLS & TECHNIQUES

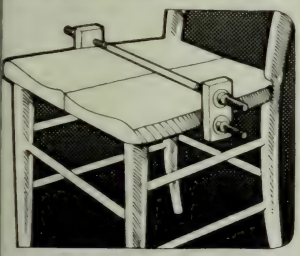
This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You want to drill a hole to accommodate a bolt. You don't know the diameter of the bolt, so you don't know which drill bit you need. Besides, the sizes marked on your bits are difficult to read.

SOLUTION: Place the bolt in the chuck of your drill and tighten the chuck, leaving enough play so you can slip the bolt out. Remove the bolt, then try various bits in the chuck until you find the one that fits most snugly. The same system works for dowels, too.

N.B., Booneville, Ind.

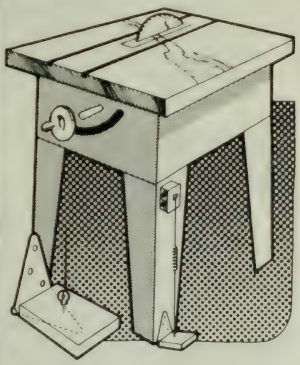
PROBLEM: To hold a piece of broken furniture in position while the glue you've put on it dries, you need a bar clamp. But you don't want to invest in a store-bought clamp because you'd seldom use it.



SOLUTION: Buy two threaded rods that are a few inches longer than the widest piece you want to glue. Bore holes through two small blocks of wood and put the rods through the holes as shown. Use washers and nuts to hold the blocks tightly against the piece of furniture. Large jobs might require more than one of these clamps.

A.R., Raleigh, N.C.

PROBLEM: After sawing an unwieldy piece of lumber on your table saw, you want to turn off the saw, but you can't let go of the wood. What you need is a foot switch.



SOLUTION: Make one from a regular wall switch, a small spring, some strong string, a screw eye, a leaf hinge, and a scrap of wood. Drill a small hole through the plastic toggle of the switch and assemble the setup as shown. When you step on the block of wood to stop the saw, the spring will absorb some of the tension put on the string.

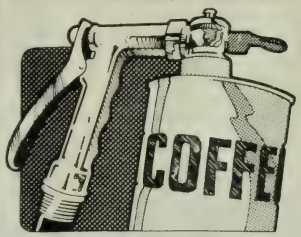
R.W., Oskaloosa, Ia.

PROBLEM: You've spilled some oil-base paint on the oiled finish of your beautiful oak kitchen table. You need something *quick* that will remove the wet paint without harming the finish.

SOLUTION: The stuff you need is probably just a few steps away. Grab your cooking oil and some paper towels. The oil will dissolve the wet paint; the towels will soak it up.

C.A., Milwaukee, Wis.

PROBLEM: Small garden-hose spray attachments used for insecticide and weed killers are hard to store. They take up too much odd-shaped space when lying down and are too top-heavy to stand up.



SOLUTION: Attach a coffee can to the wall of your garage or basement with two wood screws so the can won't tilt. Insert the canister of the sprayer into the can as shown. The sprayer will be held so securely that you'll be able to leave a hose connected to it.

E.R., Salinas, Calif.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

Barbara Humeston

What's what in Pet Nutrition

You don't have to be a nutrition expert to make sure your dog or cat gets a healthful, well-balanced diet. Once you understand the basics, choosing the right fare for the family pet isn't all that difficult.

The variety of commercial pet foods on the market has never been bigger or better. But sorting through the array of products that cram grocery store and supermarket shelves can be confusing. Here are some tips to help you choose good products and the right feeding methods for your dog or cat.

Labeling guidelines

Besides the pet food manufacturer's reputation, labels are your best guide. Look for phrases like "100 percent nutritionally complete" or "complete and balanced nutrition." These statements indicate that the products measure up to the National Academy of Sciences National Research Council (NRC) recommendations for pet food and/or specific feeding tests prescribed by the American Association of Feed Control Officials (AAFCO).

But there are exceptions. A few pet food manufacturers whose products meet or exceed these criteria choose not to indicate that fact on their labels. If you have a question about a product, check with your veterinarian or write the manufacturer and ask specifically if the product in question meets NRC/AAFCO recommendations.

Since state and federal regulations require similar labeling for pet food as for other commercial foods, the ingredients list can shed even more light on the product's contents. Ingredients will be listed in descending order, according to the amount of each ingredient the product contains. For instance, if the label reads water, meat by-products, and soybean meal, you can bet the product includes the same amount or more water than meat by-products, equal amounts or more meat by-products than soybean meal, and so on.

In the best quality pet foods, some form of animal protein (usually meat, meat by-products, or meat and bone meal) is among the first three or four ingredients. But don't assume protein automatically means meat. Check for the type of protein (cheese, soybean, meat) and percentage. Dogs and cats need other nutrients, too—fat (at least 7 percent in dry products and at least 3 percent in canned rations is a good guide), vitamins, minerals, etc.

Note: There's continuing controversy about whether ash (mineral residue) in commercial cat food can be linked to cystitis (bladder infection) and urinary tract blockages, especially in male cats. Since manufacturers aren't required to indicate percentage and/or type of ash on cat food labels, the best advice is to follow your veterinarian's recommendations if you're concerned about possible problems.

Types of products

Besides nutritional considerations, there are other factors to weigh in choosing pet food, such as cost, convenience, and whether the product appeals to your pet. A lot of fancy names —tidbits, chunks, morsels, etc.—are used to describe different types of products, but actually you have three basic choices: canned, semimoist, and dry. (The new so-called soft/dry products are hybrids; they're packaged like dry pet food but are considered some-



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continued

Pet nutrition

what moister and more palatable.)

If given a choice, your pet probably would opt for canned food over dry. He couldn't care less that canned food costs more, has a high water content, and doesn't measure up to dry products in providing exercise for his gums or preventing tartar buildup on his teeth. Canned products also need to be refrigerated after they're opened and should be allowed to return to room temperature before feeding (to avoid digestive upsets). Palatability and flavor variety are the major pluses of canned pet foods.

Dry rations are the least expensive, most convenient to use, and easiest to store. They also help keep your pet's teeth and gums in good shape. When feeding dry rations, it's essential to supply your pet with plenty of fresh water. Some cats, however, shouldn't be fed strictly a dry food diet because they won't consume enough water.

Semimoist foods have several advantages. They're convenient to use and store, usually cost less than canned rations (though sometimes the cost difference is small), and are generally considered somewhat more palatable than dry products. But if you feed your pet either semimoist or canned varieties as a total diet, give him something hard to chew on—dry food now and then, an occasional biscuit, a bone, or a rawhide "chew treat." Some pets enjoy a regular diet of dry and semimoist foods mixed together.

Commercial dog and cat foods should never be fed interchangeably. Though dogs can get along fine on commercial cat food (if you're willing to pay premium prices), cats need more protein than most commercial dog foods supply. Dog food also may not contain as much taurine, an amino acid that affects vision, as cats require.

Remember, too, that artificial coloring—when it's added to pet food—is primarily for pet-owner appeal. Dogs and cats are color-blind.

The table-scrap question

A diet limited to table scraps is likely to lack certain basic nutrients in quantities dogs and cats require. On the other hand, a diet of 10 to 15 percent table scraps is fine—as long as those leftovers don't spoil your pet's appetite for other rations or turn him into a table-side beggar.

Use common sense when feeding table scraps, however. Never give your pet leftovers you wouldn't consider eating yourself or extremely spicy scraps or rich foods such as pastries (meat scraps and vegetables are ideal).

Feeding methods

Dogs and cats thrive on routine. They like to be fed at the same time, in the same spot, and from the same dish every day. Until puppies and kittens are about three months old, they require four or five daily meals. After that, three meals a day should suffice. You can put your pet on a two-meal-a-day feeding schedule after he's about six months old.

If feeding your pet at regular times isn't convenient, you can make food available to him all the time. He can

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continued

Pet nutrition

help himself whenever he's hungry. Self-feeding isn't only handy for you; it also helps relieve the monotony for dogs and cats that spend lots of time alone. Cats do particularly well on self-feeding programs. Of course, self-feeding isn't advisable if your pet is overweight and/or prone to overeat. Dry rations are ideal for "help-yourself" feeding. Particularly tasty products that may tempt your pet to overeat should be avoided. Canned foods also aren't suitable for a self-feeding program because they dry out and spoil too easily.

Varied feeding requirements

No two dogs or cats have exactly the same requirements. The type and amount of food your pet needs to stay lean and alert depend upon his size and age, how much exercise he gets, and stress factors like cold weather.

Feeding instructions on most commercial products are good guides, but "feeding by eye" is the best recommendation. (Don't forget to take table scraps into account if you feed them.) If you notice your pet is gaining a little weight, cut back on his rations. Portions recommended by pet food manufacturers may be too liberal, especially for older pets and sedentary, suburban-type animals.

On the other hand, if your dog or cat doesn't have a health problem, isn't overweight, and acts ravenous right after mealtime, increase his rations.

You can give your pet treats from time to time, but choose those intended for pets—not "people treats" like candy and potato chips. And be sure to take those extra calories into account, or you'll have a fatso on your hands in no time. Product labels will tell you which commercially manufactured treats are nutritionally complete.

When choosing dog bones, avoid those that your dog might splinter (poultry, fish, and pork) or swallow. Gnawing on too many bones also can harm your pet's teeth and may cause digestive impaction or constipation.

The product that's right

When you find a nutritionally complete and balanced pet food that your dog or cat likes and that suits you from a cost and convenience standpoint, stick with it. Pets don't require a lot of variety in their diets. If a switch becomes necessary, gradually add a little more of the new rations to your pet's regular food every day, till the changeover is complete.

. Cats in particular can become addicted to certain foods and refuse to eat anything else. You may want to introduce some flavor variety into your cat's diet to avoid problems in case it's ever necessary to change rations.

Supplements and special needs

All sorts of pet food supplements are on the market—vitamins, minerals, coat conditioners, and such. If you're feeding your dog or cat nutritionally complete and balanced rations, these supplements usually aren't necessary and can even be harmful. Always check with your veterinarian before adding supplements to your pet's diet.

Of course, your pet's nutritional needs change somewhat during differ-

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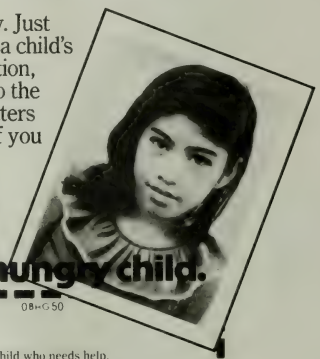
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continued

Pet nutrition

ent phases of his life. For example, more than the normal number of calories are required by growing puppies and kittens, female animals during pregnancy and lactation, and those pets that are particularly active (hunting dogs, for instance).

Aging pets often have special requirements, too: possibly softer foods, extra vitamins, easily digestible forms of protein, fewer calories, etc. But beware of arbitrarily changing an older pet's diet. Your pet may continue to do fine on his usual rations.

Some commercial pet foods are designed to meet the changing nutritional needs of pets as they mature. But once again, a veterinarian's recommendations are your best guide because no two animals mature at exactly the same rate.

There also may come a time when your pet's nutritional needs change because of a health problem—such as a kidney disorder, a liver or heart ailment, intestinal trouble, obesity, or an allergy. If that should happen, your veterinarian may recommend a special prescription diet to help your dog or cat cope with his problem.

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- Inspect your attic ventilation system to make sure it's adequate. If it isn't, moisture in the air will condense in the attic in cold weather; the moisture will freeze, then thaw later. This can result in dry rot, which makes wood crumbly and weak. Also, the condensed moisture can collect and stream down through your house. Talk with a ventilation expert if this is your problem.

Window checks

- Look for discolored walls and buckled floorboards near windows. These are signs that water is leaking into the walls. You can fill cracks around the outside of the windows with caulking compound.

Cracked and dry windowsills can be waterproofed with a half-and-half mixture of turpentine and boiled linseed oil, then painted when dry. Rotted windowsills in old houses can be treated with marine epoxy.

Plumbing checks

- Inspect the ceilings of rooms (or the basement area) under bathrooms for water stains caused by deteriorated wax toilet gaskets. A faulty gasket will allow water to seep between the finished flooring and subflooring.
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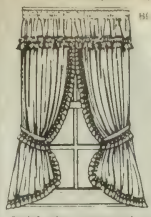
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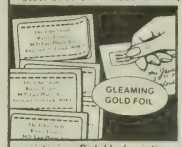
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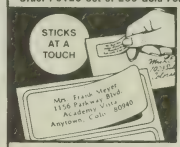
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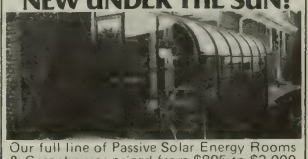
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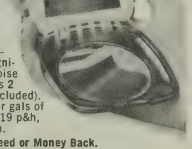
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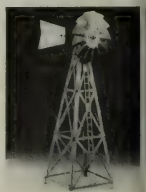
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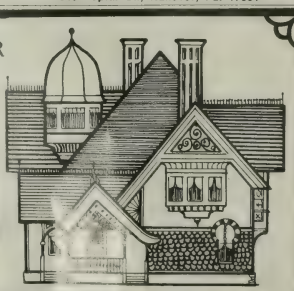


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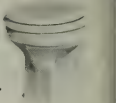
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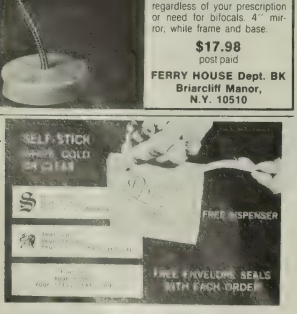
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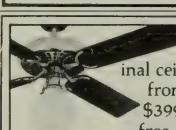
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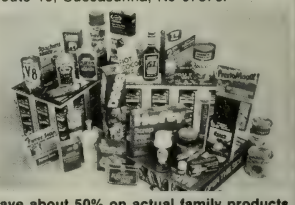
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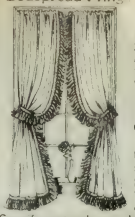


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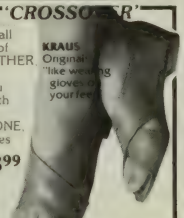


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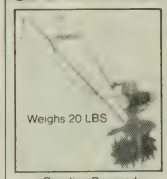


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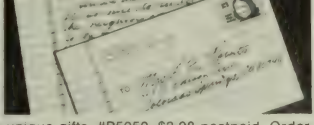
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The Man Next Door®

Our teacher friend, Nell Brooks, had her fourth graders write their definition of a friend. Our favorite: "A friend is someone who tells you a secret before he tells it to anyone else."

Medicine has become so specialized these days—and referrals so numerous—that Dr. Bob Hannelly insists he has trouble remembering whether he's a physician or a booking agent.

Bill and Isabel Norman are planning a "wilderness" vacation later this summer. To them, that means heading north until they find a town with one movie theater, no parking meters, and a grocery that closes on Sundays.

Christine, who works part time at the library, wonders how we managed to cope before all the new do-it-yourself psychology books. I recall that folks relied on something rarely found in "pop psych" books: common sense.

Proud papa Dick Lawson says the best decoders are not to be found in the military or diplomatic service. They're first-time parents who somehow are able to decipher their infants' first attempts at language.



"Why did I buy this brand? Because it just seemed to jump off the shelf and say, 'Hey Agnes . . . I'm a fun product!' "

Uncle Dodd Buckner says he yearns for the good old days when banks stopped doing business at 3 p.m. and gas stations offered 24-hour service—instead of the other way around.

Aunt Opal recalls that it was customary years ago to send one's clothes to the neighborhood tailor when alterations were necessary. Nowadays, she says it's more popular for people to take themselves to a health spa to be tailored to fit their clothes.



"Let us all bow our heads and think a minute about the cost of this little pot roast which we are about to receive."

Bill Norman says he'll have the energy shortage licked if the scientists can figure out a way to convert crabgrass into gasohol.

Political careers, says Congressman Nick Hanfli, are like automobiles in one respect: Both are subject to unexpected recalls.

Several months ago, I decided to leave the car parked in the garage and ride the bus to work instead. I haven't driven to the office since. Weaning myself from my "wheels" was a bit traumatic at first, but now I'm actually enjoying my new life-style.

Our suburban community is far enough from the city for me to get in some reading during the ride to and from work each day. I'm also getting more exercise by walking a mile a day to and from bus stops. (Sometimes I even run and wave my arms—but that's only when I'm late and the bus is pulling away without me.)

Another fringe benefit of using mass transit has been getting to know some of my neighbors better. I enjoy the camaraderie, and the bus-stop grapevine is a new source of information on community happenings.

Of course, there are things I miss about driving my own car: the freedom to leave home or the office a few minutes late, being able to run errands on the way home, listening to my favorite news program on the car radio. But the money I've saved on gasoline helps make up for the inconveniences. And one benefit alone outweighs all the drawbacks: I'm doing something about the energy shortage.

I know lots of the other folks who ride my bus feel the same way I do—that we have to take some individual action if we really want to beat the oil shortage. While I don't thumb my nose at the commuters who choose to drive alone in their autos, I think they're missing out on a good deal. We Hillises have almost halved our family's gasoline consumption since I started riding the bus to work.

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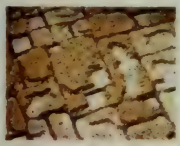
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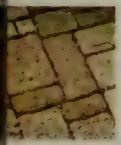
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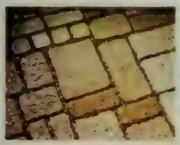
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Cut 2 3-lb. fryer chickens into serving pieces. Combine 1 6-ounce can frozen lemonade concentrate (thawed), ⅓ cup soy sauce, 1 tsp. seasoned salt, ⅛ tsp. garlic powder. Blend well. Dip chicken in mixture, place bone side down, over medium-hot coals. Grill about 25 minutes. Turn, bone side up, grill about 15 to 20 minutes more. Brush chicken with lemonade mixture frequently last 10 minutes. Makes 8 servings.



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How to make the

KIWI-LIME PIE

on our cover

The luscious Kiwi-Lime Pie shown below and on our cover is likely to get you hooked on kiwi (pronounced KEE-wee), a fruit fast growing in popularity. Kiwi has a fuzzy brown skin, emerald green meat, and a mild but memorable flavor. It's ideal for dressing up everything from breakfast cereal to elegant desserts like our exotic pie.



Photograph: Sladcik. Food stylist: Fran Paulson

KIWI-LIME PIE

¾ cup sugar
⅓ cup all-purpose flour
⅛ teaspoon salt
1¾ cups milk
3 beaten eggs
¼ cup butter *or* margarine
2 teaspoons shredded lime peel
¼ cup lime juice
1 cup lemon yogurt
Few drops green food coloring
Pastry for 2-crust 9-inch pie
¼ cup apple jelly
Whipped cream
2 to 3 kiwis, peeled and sliced
1 to 2 limes, sliced

In a saucepan combine sugar, flour, and salt. Stir in milk. Cook and stir till thickened and bubbly. Reduce heat; cook and stir 2 minutes more. Remove from heat. Stir *1 cup* of the hot mixture into eggs. Return to saucepan; cook and stir till thickened. Cook and stir 2 minutes more. *Do not boil.* Remove from heat. Stir in butter or margarine, lime peel, and juice. Fold in yogurt. Tint with food coloring. Cover with clear plastic wrap; cool.

Divide pastry in half. On floured surface roll one half to a ⅛-inch thickness. Line a 9-inch pie plate with pastry. Trim ½ inch beyond edge. Flute edge; prick pastry. Bake in a 450° oven 10 to 12 minutes. Cool. Divide remaining pastry in half. Roll each half to ⅛-inch thickness. Cut an 8¾-inch circle out of one portion and an 8-inch circle out of other portion. Place circles on a baking sheet; prick well. Bake in 450° oven 10 minutes. Cool.

To assemble pie: Brush pastry shell with some of the jelly. Place 1 cup lime filling in shell. Cover with 8-inch pastry. Brush with more jelly. Spread with 1¼ cups lime filling. Top with 8¾-inch pastry. Brush with remaining jelly. Top with remaining filling. Cover; chill overnight. Pipe whipped cream in a circle atop pie. Alternate slices of kiwi and lime in the cream circle.

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The Bird siding on this house is 8 years old.



Eight years ago it would have cost the family who lives here $2125 to paint this house. Four years after that it would have cost $2720. And today, four years after that, it would cost $3910. That adds up to a total of $8805* over the last eight years just to keep this house from peeling. But instead, this family spent just $2890 on Bird solid vinyl siding. Now they're happy to know the siding's already paid for itself 3 times over. And they'll go on saving thousands for the next 32 years because their Bird siding is guaranteed for a total of 40 years.

Today more and more people are making the same decision this family did. It's the kind of dollar-stretching idea that really makes sense in times of inflation. (Have you had a painting estimate lately?) Besides being practical, Bird siding will make your home look great. And it will keep it that way year after year.

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*These figures are based on estimates supplied by a reputable painting contractor who examined the house shown.

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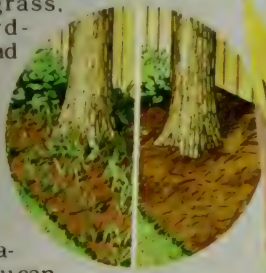
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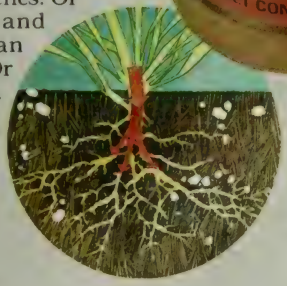
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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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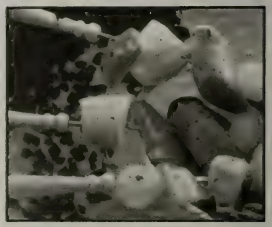
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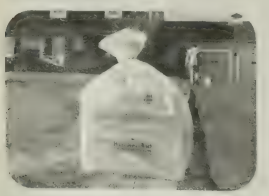
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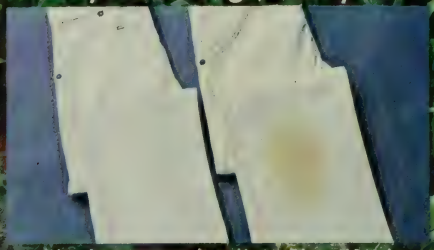
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continued

Ulcer

How is peptic ulcer treated?

Treatment is designed to heal the ulcer by reducing the amount of acid secreted by the stomach and neutralize any excess acid. The initial healing of an ulcer is not usually difficult: The problem is to *keep* it healed, since this is a chronic ailment that may subside and flare up many times.

None of the soft mushy foods (puddings, gelatin, milk) traditionally prescribed for ulcer patients have been found to speed healing. An ulcer patient can eat and drink what he or she wants (including alcohol in moderation) with these exceptions: coffee and other drinks that contain caffeine and are potent acid stimulators, and highly spiced foods when the ulcer is active and painful.

Eating frequent small meals and having a bedtime snack are *not* advised for ulcer patients. They're better off eating a normal, nutritionally balanced diet.

Antacid preparations, which neutralize acid, are widely used and offer some pain relief. Sedatives, tranquilizers, antispasmodics, and other drugs that inhibit or block the nervous impulses that stimulate acid production often are prescribed too. But these medications affect the whole body and may have undesirable side effects, such as drowsiness and nausea. What is needed are drugs to specifically block acid secretion.

Are acid-blocking drugs available?

The first one to be approved for general use after lengthy trials is called cimetidine, marketed under the trade name Tagamet. In studies conducted thus far, cimetidine has proved very effective and relatively free of significant side effects in treatment of chronic ulcer conditions. It works by inhibiting the action of histamine, a body chemical involved in acid secretion. According to Dr. Harold Roth of the National Institute of Arthritis, Metabolism, and Digestive Diseases (NIAMDD), cimetidine "appears to diminish the amount of hydrochloric acid secreted into the stomach more effectively and safely than other drugs currently available." To be effective, cimetidine must be taken regularly as prescribed by a physician.

When is surgery necessary?

In a relatively small percentage of cases—when the ulcer becomes so deep that there is perforation and bleeding, or when the stomach outlet to the duodenum becomes obstructed by ulcer scar tissue or muscle spasm—an operation may be necessary.

One type of operation, *gastric resection,* involves removing the part of the stomach that produces the hormone that stimulates acid secretion, as well as removing some acid-secreting tissue. In an accompanying procedure, called *vagotomy,* the surgeon cuts the vagus nerves that link the brain with the stomach. Most ulcers heal when the main vagus nerves are severed, but there can be complications because the stomach may not empty as quickly after the surgery.

A significant advance is a new operation called *highly selective vagotomy.* Here the surgeon cuts only the smaller branches of the vagus nerves that are directly responsible for acid secretion. This procedure often heals the ulcer without the complications that can accompany a vagotomy.

Other promising, but still experimental, new techniques involve using an endoscope to cauterize bleeding ulcers and spraying the sore with a clotting substance or plastic-like coating to stop bleeding. These procedures may eventually be done in a doctor's office in many instances.

What about psychological factors?

Psychological stresses do not play as large a role as traditionally believed, but they do contribute to peptic ulcer conditions. The ulcer patient needs to understand the stress factors—such as family or career conflicts—that aggravate the condition and to make adjustments whenever possible. Both patient and doctor should work closely together to minimize excessive stress.

Can a youngster develop an ulcer?

Yes. Although peptic ulcer is not considered a widespread problem among children, it does occur—mainly among boys (often sons of fathers who have peptic ulcers).

Symptoms of peptic ulcer in youngsters often do not follow the classic adult pattern. Diagnosis is further complicated by the fact that youngsters often have trouble articulating their symptoms. It's important for parents to be alert for a combination of these symptoms: intermittent abdominal pain that may last for several days, then disappear for weeks or months; vomiting blood or passing large quantities of blood in the stool; and the tendency to overeat or gain weight rapidly.

Many doctors prefer to treat peptic ulcer in children with antacids alone. Others prescribe cimetidine. Peptic ulcer surgery for youngsters is rare.

Can anything be done to prevent ulcers?

Statistics show that the incidence of ulcers is three times higher in close relatives of persons with ulcers than in the general population. Such findings have suggested to researchers that genetic factors play an important role in the development of ulcers. But until very recently, no clear genetic link for the disease had been identified.

Now several studies supported by NIAMDD have shown that elevated concentrations of pepsinogen in the blood is inherited and is associated with duodenal ulcer. High concentrations of pepsinogen are associated with high levels of pepsin and stomach acid secretion. A simple blood test for pepsinogen can now be used to identify some of the persons who are susceptible to duodenal ulcers.

For further reading:

Write for *Person to Person about Peptic Ulcer* and *Endoscopy,* available for $1 from the American Digestive Disease Society—Dept. B, 420 Lexington Avenue, New York, NY 10017. ■

—William Cole

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Time out from college: a good idea?

Suppose the college student in your family announces tomorrow that he or she wants a break from the classroom—more than just the summer vacation. Your child proposes to drive a taxi in Chicago or bicycle to California or volunteer at the community center. How would you react?

If you think you'd hit the ceiling, then you're a pretty normal parent. But your best response might be to encourage the move. Growing numbers of educators no longer view dropping out of college with great alarm. Evidence suggests that many leave-takers will eventually return to school, having profited by the time away from the classroom.

"Dropping out used to mean failure; not making it; maladjustment," says Frank Burtnett, associate executive for Professional Development Programs with the American Personnel and Guidance Association. "Today, 'stopping out' of school for a year or two to work or travel may be a very, very healthy kind of behavior for many students. What they're really doing at this time is exploring their ability to perform, their commitment to their career goals, their interests. Or maybe they just need a rest from school."

What if your high school student says he or she needs a break?

Almost all teachers and counselors advise against a break during the high school years, largely because a high school diploma is considered essential to future economic or career success. If your son or daughter is deeply dissatisfied with school, counselors recommend investigating alternatives, such as work-study, alternative schools, or even early college admission. Combining a job with one or two classes in an adult night school or community college might be a solution, as long as progress toward the diploma continues during the break.

Why the new outlook?

In its comprehensive 1971 analysis of post-secondary schooling, the Carnegie Commission on Higher Education endorsed the concept of a deliberate break in the educational process (which they referred to as "stopping out"). The Commission also recommended that colleges provide more ways for young people to begin attending college later, to break away from service or work experience, and to change directions while in school.

A number of students, educators, and observers from the business world have reached similar conclusions. Here are some reasons why:

- *Growing recognition that 19 or 20 may not be the best age to make a commitment to a career,* particularly for students who have had little opportunity to sample the world of work.

At Princeton University, a "stop-out" is often a sophomore who must declare a major and finds himself un-

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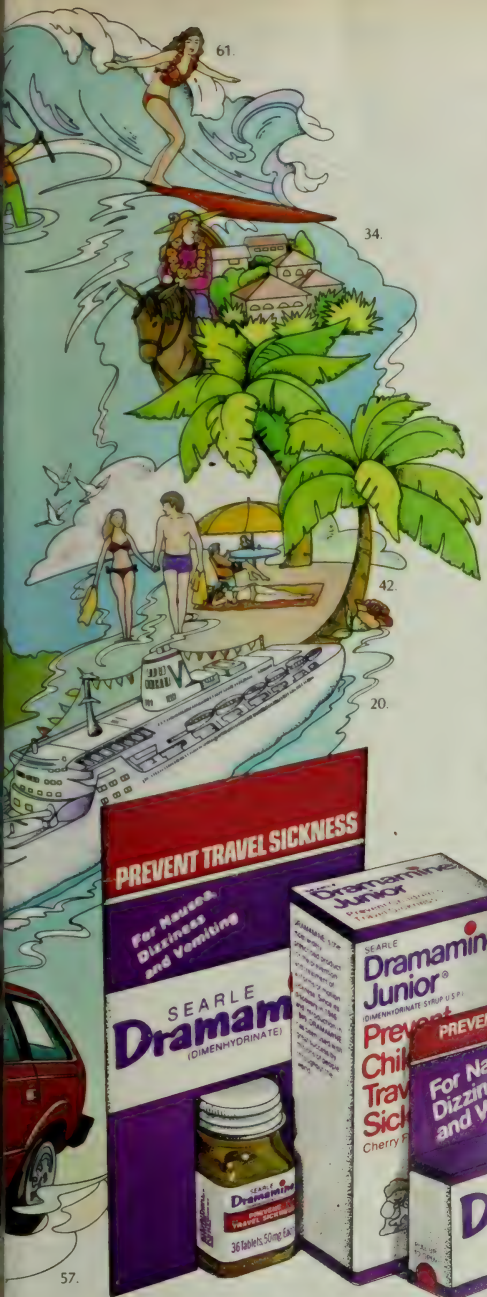
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42. Holiday Inn weekend
43. American Express $100 Travelers Check
44. Kite
45. Husky puppy
46. Light timer
47. Movie outfit
48. Worldwide radio
49. Water skis
50. 40-channel CB
51. Pedometer
52. Compass
53. Telescope
54. Coleman lantern
55. Road Atlas
56. $200 in airfares
57. American Motors Eagle
58. Rand McNally globe
59. 100 gallons of gas
60. $100 Amtrak ticket
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62. "Flying" carpet
63. Polaroid camera
64. Fishing set
65. Putting practice
66. Travel alarm
67. Travel radio
68. Cordless shaver
69. Binoculars
70. Tennis outfit
71. Time zone clock
72. Thermos jug
73. Sunglasses
74. Wading pool
75. Portable ice rink
76. Sailboat
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79. Floating flashlight
80. Highway emergency kit

*Includes air fare and accommodations for two plus expense allowance.



SEARLE



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begins on page 21

Time out from college

able to do so, says Richard G. Williams, assistant dean of the college.

● *Greater appreciation of the value of experience.* "Most middle-class kids are theory-rich and experience-poor. They've lived their lives in their heads," says Elinor Greenberg of the Council for the Advancement of Experiential Learning (CAEL). Some young people need to prove to themselves and others that they can function effectively outside the academic setting.

● *Greater sensitivity to the need for relief from mounting academic pressures.* At Harvard University, the student who wants a break frequently is a "high achiever who has been academically pressured for a long time and who wants a break to try something new," says Mary Fan Kain, assistant director of the Office of Career Services and Off-Campus Learning.

● *A changing concept of the educational timetable.* Formal schooling used to be viewed largely in linear terms—a hurdle to be overcome as quickly as possible, after which one could launch a career. Now most authorities agree that education works best when it occurs throughout life.

Is a break a good idea for everyone?

Many students who think they need a break actually need a change of schools, says Charles Marshall, executive director of the National Association of College Admissions Counselors. If students received better advice about college before they entered, their decisions would be more realistic, and fewer students would feel compelled to leave school, he says.

Very often, students who are immersed in extracurricular activities, who have firm career goals, or who value close friendships with classmates have no desire to leave school, and most educators would agree they should remain.

How are colleges reacting?

Some offer formal leaves of absence to students who decide to take a break. If asked, a counselor will advise the student and help him or her find job or travel opportunities. Readmission is usually automatic.

A small minority of colleges permit students who have been accepted for admission to delay attendance for a year or two if they want a break between high school and college.

More and more colleges are giving credit for learning that takes place away from the classroom. The CAEL estimates that more than 500 schools offer academic credit for learning gained from work or travel experiences.

Even more universities are changing the traditional curriculum to give more emphasis to off-campus experience.

A wide variety of vocational and cooperative education programs are offered by about 1,600 two-year and four-year colleges and universities: The more structured programs usually require at least two terms of paid, career-related work experience. The unstructured programs allow students to "stop out" to work in jobs related to their major field.

A number of schools offer time out for travel or community service as well.

When's the best time to take a break?

The most popular time is the middle of the college career, often between the sophomore and junior years. That's usually when early choices about majors must be reaffirmed, and many students may not be ready. Some authorities feel that this is the "best" time because the investment in college thus far will draw a student back. But the best time really depends on the individual. Some students may benefit from a break after high school graduation; others, before pursuing an advanced degree.

But will they come back?

The majority of students who interrupt their college careers do return to school, usually in a year or two, and many graduate. Some schools report a return rate of 95 percent or more.

Studies have shown that students who return usually have a more mature outlook and are more confident and better motivated. Some come back with renewed commitments to their careers. Others relish the chance to correct bad decisions they've made. Also, returnees are more likely to be sought after by recruiters upon graduation, particularly if the students' employment records are good. "Stop-out" students tend to pursue advanced degrees at the same rate as those who go straight through school. Almost all say that the leave was highly beneficial.

Are there any dangers?

"Don't think that taking a leave in itself will be a panacea," says Richard Williams of Princeton. The student who takes time out without laying plans may spend the first three months searching for something to do and wishing he or she were back in school.

Some authorities say that a student who leaves school with no clear purpose probably won't be able to resolve the questions that motivated the leave. Another trap is that such a student may wind up with family obligations or financial responsibilities that make reentry difficult. The student may regret not having finished school when he or she had the chance, although there are more and more programs for adults who return to college.

What should parents do?

Burtnett suggests that you discuss with your child why he or she wants to leave school. Talk about the potential gains and the risks. Without being judgmental, probe to make sure the decision was not made "haphazardly and emotionally," but was carefully analyzed, he advises.

You'll also be wise to counsel your child to:

● plan the break well in advance and investigate thoroughly any job offers or travel opportunities.

● talk to students who have temporarily interrupted their college educations and find out about their successes and mistakes.

● inquire of school officials about the possibility of a formal leave of absence; it may make reentry easier. A college that grants leaves for financial or health reasons may be willing to grant a personal leave for solid reasons, even if no formal policy exists.

Do sit down with your son or daughter and lay some plans for financing the return to school. Students who receive scholarships or loans should visit the financial aid office to learn the chances of their renewal. Even if your

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Creamy Lemon Meringue Pie
(Makes 1 pie)

3 eggs, separated*
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
½ cup ReaLemon® Reconstituted Lemon Juice
1 teaspoon grated lemon rind
1 Johnston's® graham cracker Ready-Crust® pie crust
¼ teaspoon cream of tartar
⅓ cup sugar

*Use only Grade A clean, uncracked eggs.

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in sweetened condensed milk, ReaLemon and rind. Pour into crust. In small bowl, beat egg whites with cream of tartar until foamy; gradually add sugar, beating until stiff but not dry. Spread meringue on top of pie, sealing carefully to edge of crust. Bake 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.



Johnston's

continued

Time out from college

son or daughter will only be out of school a year or two, figure on paying more when he or she returns.

Ask your son or daughter to draw up a realistic budget for the leave. Most parents insist that children support themselves at least partially, if not entirely, while out of school. One of the major purposes of a leave is independence, and that implies some degree of financial responsibility. If the student has taken out any federally subsidized education loans, the budget should include repayment plans, since he or she will be required to start making payments nine months after full-time attendance ceases.

Don't neglect health insurance. Many group policies drop children at 19 unless they're full-time students, and your "stop-out" child probably will have to purchase other protection.

If financial problems are a roadblock, you might check out the possibility of keeping the financial benefits of student status while still satisfying the wanderlust. Alternatives include cooperative education, independent study, study abroad, or other programs available at a number of schools.

What are the options during a break from college?

The young person who wants a break from the books has a wide choice of alternatives to full-time college attendance. Here are several:

Work. That's what a majority of students who "stop out" end up doing. A faculty adviser may help line up something in a field related to the student's major. The college placement office should be helpful.

Alternative study. A number of students who take a break from school invest at least part of their time in studies elsewhere. A popular choice is a course or two at a community college—perhaps in a field that interests the student but that doesn't relate to his or her career goals or isn't available at the student's present college.

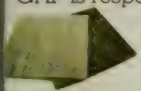
Travel. Some young people combine work or study with travel. Others mere-

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continued

Time out from college

ly use the time to roam.

For $3, the student can obtain an International Student Identification Card, issued by the Council on International Educational Exchange. The card entitles full-time students to discounts on accommodations, transportation, and recreation abroad. Write the Council at 205 East 42nd Street, New York, NY 10017 for details about the card, a list of publications on the subject, and an order form.

Membership in American Youth Hostels, Inc., entitles individuals to stay at hostel accommodations throughout the world, almost always for less than $5 a night. For more information, write American Youth Hostels, Inc., National Campus, Delaplane, VA 22025.

Volunteering. The Commission on Voluntary Services and Action publishes an annual catalog of volunteer opportunities throughout the United States and Canada. Send $2 (plus $.50 postage for first-class mailing) to *Invest Yourself*, 418 Peltoma Road, Haddonfield, NJ 08033.

ACTION, the Federal voluntary service agency, provides stipends to qualified individuals who want to commit a year or two of their lives to voluntary service abroad or in an impoverished community in this country. For information about the Peace Corps or VISTA (the domestic service program), call 800-424-8580, toll-free. Or write ACTION, Office of Communications, Washington, DC 20525.

Military service. Minimum enlistment terms are two years for Army, three years for Marines and Navy, four years for Air Force and Coast Guard. For more information, pick up a copy of *Basic Facts about Military Service* from the closest recruiting office.

Nontraditional education. *Barron's Profiles of American Colleges, Volume 2* (available in most libraries) lists colleges offering alternative educational programs.

The Cooperative Education Association publishes a directory of colleges and universities sponsoring cooperative education programs. The 1980 edition will be available this July. To learn how you can obtain a copy, write the Association at Room 247, Alumni Center, Indiana State University, Terre Haute, IN 47809, or call 812-232-6311, Ext. 2585.

To learn about colleges that grant credit for qualified experience out of the classroom, call the Council for Advancement of Experiential Learning toll-free, at 800-638-7813. Or look in your library for two of its publications: *Opportunities for Prior Learning*, an annotated directory of 270 member colleges, and *Assessing Prior Learning*, a guide for students seeking experiential credit.

For further reading:

• *Stopping Out* by Judi R. Kesselman ($8.95 hard cover; $3.95 paperbound) M. Evans & Co., Inc., publishers (216 East 49th, New York, NY 10017). It's an excellent starting point for any student thinking about a break. The book offers advice and information on the rationale, options, timing, planning, and financing for a break from school.

—Barbara Mantz



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Discover Sugar Snap Peas

There's a snappy new vegetable that's becoming popular at produce markets across the country. It's called the *sugar snap pea*, a plumper, sweeter vegetable than its close cousin, the Chinese pea pod. You'll need to string sugar snaps before using. Then cook the pods in boiling water till crisp-tender, or stir-fry them, or simply serve them crisp and raw.

Buying information, page 64





Photographs, Dieter

SHRIMP-SNAP PEA SALAD

¼ cup salad oil
2 tablespoons Dijon-style mustard
2 tablespoons lemon juice
½ teaspoon celery seed
2 slices onion
2 bay leaves
4 whole peppercorns
1 pound fresh *or* frozen shrimp in shells
1½ cups sugar snap peas (6 ounces)
6 cups torn salad greens
Leaf lettuce
Alfalfa sprouts

In a screw-top jar combine salad oil, mustard, lemon juice, celery seed, and dash *pepper*. Cover and shake; chill. In a 10-inch skillet combine 3 cups *water*, onion, bay leaves, and peppercorns; bring to boiling. Reduce heat; simmer 5 minutes. Add shrimp; return to boiling. Reduce heat and simmer, covered, 1 to 3 minutes, or till shrimp turn pink. Drain; peel and clean. Cover and chill. Remove strings from peas. Cook peas, if desired. Chill.

At serving time, place greens in a large bowl; add chilled shrimp and peas. Shake dressing; pour over salad. Toss. Serve on individual lettuce-lined plates; garnish with sprouts. Makes 4 servings.

SNAP PEA STIR-FRY

Stir-fried snap peas make a quick and unique side dish—

2 cups sugar snap peas (8 ounces)
2 tablespoons soy sauce
1 teaspoon cornstarch
2 tablespoons dry sherry
1 teaspoon sugar
1 tablespoon cooking oil
½ cup walnut halves
½ cup sliced water chestnuts, drained

Remove strings from snap peas. In a small bowl blend soy sauce into cornstarch; stir in ¼ cup *water*, sherry, and sugar. Set aside. In a wok or 10-inch skillet, heat oil. Stir-fry peas, lifting with spatula in an up-and-over motion, about 2 minutes or till crisp-tender. Add walnuts to wok, adding a little more oil if necessary; stir-fry 1 minute. Stir soy mixture; add to wok. Cook and stir till thickened and bubbly. Stir in water chestnuts; cover and cook 1 minute more. Makes 4 servings.

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for active adult dogs ages 1-7.

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Cycle 2 is specially formulated for the active adult dog aged 1-7. For the way he burns up energy and uses protein. It contains the correct balance of vitamins and minerals his body requires to help him stay lively and alert. With Cycle 2, you'll provide your dog with all the nutrition he is known to need during his active years.

Only Cycle® DOG FOOD changes...for the life

veterinarians to feed a dog is to nutritional needs.

research company. While they weren't asked to recommend a specific brand of meet his changing nutritional needs. Cycle® dog food was specifically developed to how Cycle helps keep your dog healthy and alert, now...and for the rest of his life.

Cycle® 3 DOG FOOD



for less active dogs who get too many calories.

A less active dog may get needless extra calories. But while you want to control his caloric intake, you also want to give him a good tasting dog food that meets his nutritional requirements. And with Cycle 3 you can.

Cycle 3 is specially formulated for the nutritional needs of less active dogs who require fewer calories. Cycle 3 has all the protein, vitamins and minerals an adult dog needs, but with less fat and twenty percent fewer calories than the nation's leading brand. So with Cycle 3, you feed your less active dog delicious, full-sized meals that satisfy him completely, while reducing his total calories.



Cycle® 4 DOG FOOD

for dogs over 7 years.

When your dog is over seven, he may be as active as ever, but he's changing on the inside, where it's hard to see. His nutritional needs are changing; his digestive system becomes more sensitive, his need for vitamins and minerals increases and his kidneys may handle protein less efficiently.

Cycle 4 is specially formulated to meet the nutritional needs of dogs over seven. Cycle 4 is made with high-quality protein for their delicate digestions. With the extra minerals and vitamins a dog over seven needs to help keep his bones, teeth and kidneys functioning properly. Cycle 4 is all you need to feed your dog to help keep him happy and healthy in his later years.



of your dog.

Countrify A KITCHEN

By Joan McCloskey

The gather-round spirit that emanates from a cozy country kitchen doesn't just happen—it takes careful planning to pull off a room that not only looks friendly, but also works like a charm. Here's how three families used natural materials, open space, and treasured collectibles to make their kitchens warm and welcoming spots for family fun and entertaining. Their success stories just might inspire you to pick up a paintbrush and countrify your own kitchen.



...WITH WARM WOOD TONES

Our first country kitchen gets its charm from a blend of rich wood cabinetry and a new family dining area close by the kitchen. But the kitchen wasn't always this inviting. When Kenneth and Barbara Sheehan bought the 1916 house three years ago, they realized they would have to remodel the antiquated kitchen. The original wiring was inadequate to handle the requirements of modern appliances, and the eating area was "every man for himself," with six Sheehans vying for elbowroom. Clearly, the family needed more space, and the logical place to find it seemed to be the skimpy single-car garage adjoining the house. The trade-off made sense because the garage was intended for a Model T, not the Sheehans' station wagon.

With the help of their builder, Peter Dukinfield, Kenneth and Barbara carefully planned this new space.

Because the Sheehans regard their handyman talents as just above the level of fumble-fingers, they asked for professional help in demolishing partitions, locating load-bearing walls, and installing new heating and air conditioning ducts. But Kenneth and Barbara knew what they wanted—a family eating space with a view of their lovely backyard and a working area convenient to the dining space.

One of the first concerns was the load-bearing wall that separated the garage from the house. A massive supporting beam *(below)* now runs the length of the kitchen where the load-bearing wall once stood; smaller decorative beams run crossways. To give more space to the eating area, a bay window was incorporated into the remaining garage wall. As the plans developed, the Sheehans feared that the long working core of the kitchen would feel confining, so they bumped out the sink wall 16 inches. This added space and provided a shelf behind the sink to display plants and collectibles. Nearby, a microwave oven was built up two inches over the counter to make the counter surface easier to clean.

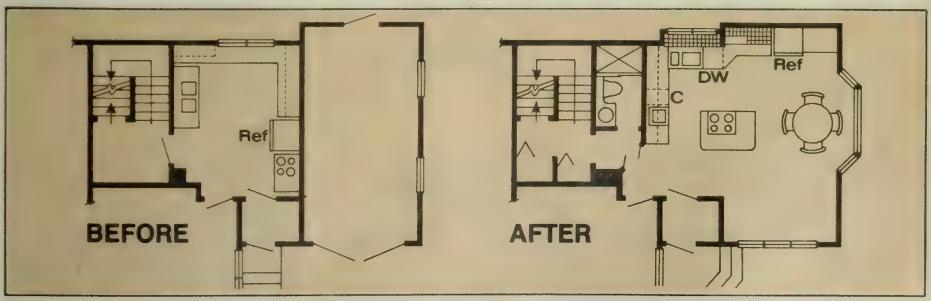
One of Ken and Barbara's greatest concerns was to make the new eating space look like an integral part of the kitchen. They did it by using the same woodwork, beams, and wood flooring throughout. To offset the dark-stained floors and cabinetry, Barbara chose fabric and wallpaper with a nature motif. Red accents such as the bright red sink and canisters pick up the cardinal red in the wallpaper.

Inside those beautifully crafted cabinets is a multitude of good storage ideas. There's a small storage drawer below the sink for foil and plastic wrap, a corner storage unit that swings groceries forward, and a pantry for canned goods and condiments close to the refrigerator. (See page 64 for details.)

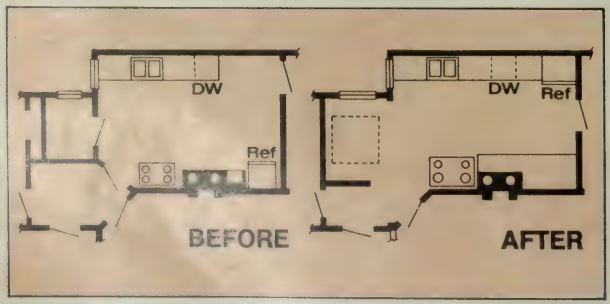
Buying information, page 64



Photographs: William N. Hopkins. Builder: Peter Dukinfield Co. Interior design: Edith Johnson Interiors. Field editor: Patricia Carpenter



Photographs: Ernest Braun. Design: The Houseworks. Field editor: Barbara East Cathcart











Countrify A KITCHEN

...WITH BRICKS AND BEAMS

Take your cue from the country if you want an honest, working kitchen brimming with charm. Country kitchens are devoid of pretension; they're planned to meet cooking and cleanup needs in the most practical way possible. That commonsensical approach can result in an uncommonly attractive room, as you'll discover when you meander through Michael and Francine Felice's kitchen with us.

Mike and Francine bought an 1890 Victorian house with all the charms of the opulent era. "It was a very strange kitchen though—full of nooks and crannies and doorways. There was a tiny sink and almost no counter space," recalls Francine.

The first requirement was to let more sunshine into the long, dark kitchen, and that entailed removing a couple of partitions. To gain a much needed kitchen eating area, they ripped out the pantry walls, added a shorter enclosing wall on the hall side, and utilized the existing closet wall from the adjacent bath. Above the old pantry was unused attic space—perfect for the new skylight over the dining table.

The Felices gained sorely needed counter space by moving the entry door closer to the new eating area. The stove and sink remain in their original positions, but the refrigerator was moved to the opposite wall. A high worktable was installed next to the stove for quick snacks and chopping chores.

When it came time to order new appliances, Francine balked: "I really liked that funky old stove and decided to keep it because it works so well."

Since the kitchen was remodeled a step at a time, the Felices made each major remodeling decision with care. Beams that were initially slated to be covered were left exposed. That decision saved the Felices money since lowering the ceiling would have been quite expensive. The brick fireplace wall next to the stove had been scheduled for drywalling, but the Felices left it uncovered, too, because they like the natural look. "The wall is great for hanging things on," Mike says. After prying up layers of shabby old linoleum, Francine discovered a pine subfloor in surprisingly good condition. She opted to give it new life by sanding and staining it and applying polyurethane.

In the best country-kitchen tradition, the Felices recycled old materials and added personal touches. The glass-fronted cupboard over the worktable is the top of an old kitchen hutch. Unable to work the whole piece into the new kitchen, they took off the top and hung it on the wall. "The glass helps to break up the solid-wood-cabinet look," says Francine.

The kitchen dining table was one they had picked up when they lived on the East Coast. They paid $50 for a table and three leaves!

The old spice cabinet was another find, discovered in the basement covered with crusty old paint. Now that the cabinet has been stripped, it gets rave reviews from guests.

As you can see, the Felice kitchen has the kind of pipe-and-slippers informality that makes guests instantly feel comfortable and relaxed. The array of wall-hung pots and pans, varisized baskets and collectibles, and flourishing green plants contributes to the homey atmosphere. What pervades this country kitchen is a reassuring sense of permanence. It's symbolized in the bricks and beams, and even in that never-say-die stove.

Countrify A KITCHEN

...WITH A CHEERY COLOR SCHEME

Since the days when the splash of the paddle wheels heralded the arrival of new frontiersmen, American families have gathered in their cozy country kitchen/keeping rooms, and they're gaining in popularity every year.

The owners of this Midwest country kitchen have personalized it with an unusual mix of furniture and accessories from their travels, plus treasured family heirlooms.

This wide-open space used to be a kitchen, pantry, and bedroom. The wall from the bedroom was removed to open up the keeping room, a corner fireplace was installed, and the eating area sprouted up in the process.

The color scheme is typically country—red, white, and Williamsburg blue. A pineapple-patterned wallpaper is reminiscent of Early American stencils and makes a good background for the family portrait, pine corner cabinet, and antiques.

The corner fireplace has a wraparound mantel that faces both areas of the room. The mantel was designed and built by the owners' daughter as a school project and serves as a resting place for collectibles. The needlepoint ship was made by a sailor in the 19th century during a long sea voyage. Pewter grapes reflect the owners' interest in wine. An 1820 Seth Thomas clock, an American wood duck decoy, a blue and white dish from Spain, and pewter candlesticks, all were acquired on trips the family took together. Hanging fireplace utensils include old iron farm implements, brooms, and a toasting rack.

A cuddle-up red, white, and blue plaid sofa with a cozy quilt makes this keeping room especially inviting. The carpenter's tool bench, from the late 19th century, is used as a coffee table. Old milk cans, painted black, were topped with more plaid fabric to match the sofa.

The original pantry wall was replaced with an island holding a double sink and the dishwasher. The sink's new position in the work triangle is just a step away from both the range and the refrigerator.

The old cabinets were retained, but rearranged and painted Williamsburg blue. Crisp white laminate counters lighten the look and tie the kitchen's color scheme into that of the adjacent keeping room.

One of the essentials of a country kitchen is openness. In the first generation of country kitchens, there was a very practical reason for openness. Settlers found that small, separate rooms were hard to heat with just a big brick fireplace. That's no longer the case today, of course. Now that central heating has become commonplace, wide open room planning is no longer strictly necessary. But even so, it continues to attract us, simply because of its warmth and friendliness.

Notice that the major pieces of furniture in this kitchen/keeping room are not arranged like soldiers along the walls. In fact, many round and oval pieces prevent that from happening. And the curving lines of the tables symbolize their role in drawing family members together for everyday activities. Another characteristic of country styling is that things are left out where you can see and touch them, not tucked tidily away. Pots, plants, baskets, and candlesticks recall an older, more rural time when the cheery kitchen was the natural gathering spot for both family and friends.

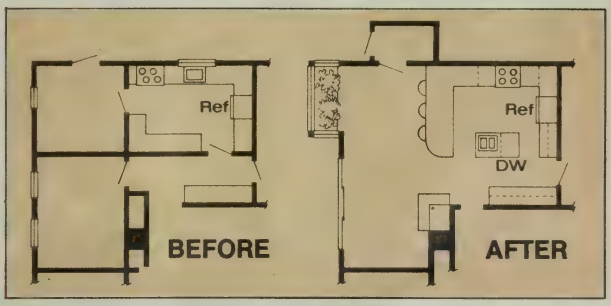
Buying information, page 64





Photographs: Jessie Walker. Design: James Otis & Associates. Field editor: Jessie Walker & Associates





SUPER

PORCH CONVERSIONS

By CarolAnn Shindelar

From porch to family room entry

Depending on the day of the week, you'll find this porch used for anything from a family lounge and music room to an overflow party space. Its chief duty, though, is to serve as the main entry to the house.

Turning the porch into an entry was easily accomplished by filling in the open walls with a combination of fixed and operable windows and new drywall. The existing brick piers were painted white and were covered on the exterior with cedar siding stained light gray. More gray trim was added to highlight the front face of the house. The roof was reshingled as part of the face-lift, too.

Inside the entry, the original brick wall was covered with the same cedar planking as the outside of the house. The planks were laid diagonally and stained to match the exterior trim.

In addition to being economical to build, the new room is also economical to heat. The porch faces south, and in the winter it traps enough warmth to heat itself, plus some of the space inside the house. In summer a wide overhang helps keep the porch cool.





Looking for an inexpensive way to add space to your house? Then look to your porch. Regardless of where it's located, chances are good it can be converted to year-round living almost instantly. The trick is to reuse as much of the existing structure as possible, then simply fill in the rest. To illustrate, we'll show you how four homeowners found new living space under their old porch roofs.



From porch to solar greenhouse

This south-facing porch contributes more than living space to the Victorian cottage it's attached to. It also collects enough heat from the sun to warm some of the house for free.

To convert the porch into a solar sunspace, the east and west sides were filled in with ventilating windows, and the south side was enclosed with a combination of glass and fiber glass sheeting. A portion of the roof was replaced with fiber glass, too.

Heat-retaining thermal mass is provided by 200 pounds of crushed rock covering a layer of heavy-duty plastic sheeting atop the porch floor. The rock absorbs and stores collected heat and releases it later. The porch floor could also be removed to provide space for more thermal mass.

Air that is warmed in the greenhouse flows to rooms on the first floor via open windows and the front door, while convective currents warm the rest of the house. Heated air rises to the top of the greenhouse, flows into the upstairs bedrooms through a vent, travels down the stairs as it cools, and then returns to the porch to be rewarmed.



Photographs: Fred Lyon. Design: Lynn Nelson and Jennifer Kelly, The Habitat Center. Field editor: Barbara Cathcart

SUPER PORCH CONVERSIONS

From porch to stained-glass sitting room

The stained-glass-enclosed sitting room at the side of this house is a real traffic-stopper—and it's one of the cleverest ways we've seen to convert a porch.

You may be thinking that it would be too expensive to add more than a window's worth of stained glass to your home. Actually, this porch was filled in with stained glass for less than it would have cost to build an addition. Construction costs were minimized by retaining the roof, framing members, and floor.

The stained-glass windows are designed in sections; each section replaces one of the screens from the original porch. Acrylic panels installed on the outside of the stained glass provide protection and energy efficiency.

The stained glass can be viewed and enjoyed from almost anywhere in the house. To make that possible, the French doors that separated the porch and the living room were removed, and an extra-wide door was cut on the other interior wall. The openings are also important for air circulation because the porch has no heat of its own.

All of the components of the original structure were painted white to emphasize the stained glass.





Photographs: Bill Maine, Pastor & Trask; Al Rizzo, Field editor: Ruth Salter



From porch to master bedroom suite

When these homeowners began looking for space for a new master bedroom, it was only logical that they start—and end—with their summer sleeping porch. Not only was the porch inexpensive to convert, it also offered the best view of the wooded backyard.

Enclosing the porch was merely a matter of adding windows and refurbishing the original structure. The existing parapet wall was stripped of its cedar shingles and covered with new drywall. Wall-to-wall windows were then installed on top of the three-foot wall.

The original roof was reused, too, but the ceiling was dropped a few inches to make room for new insulation. Even the old tar paper floor was sound enough to build on. Plywood subflooring was laid over the tar paper, and then hardwood strip flooring was installed.

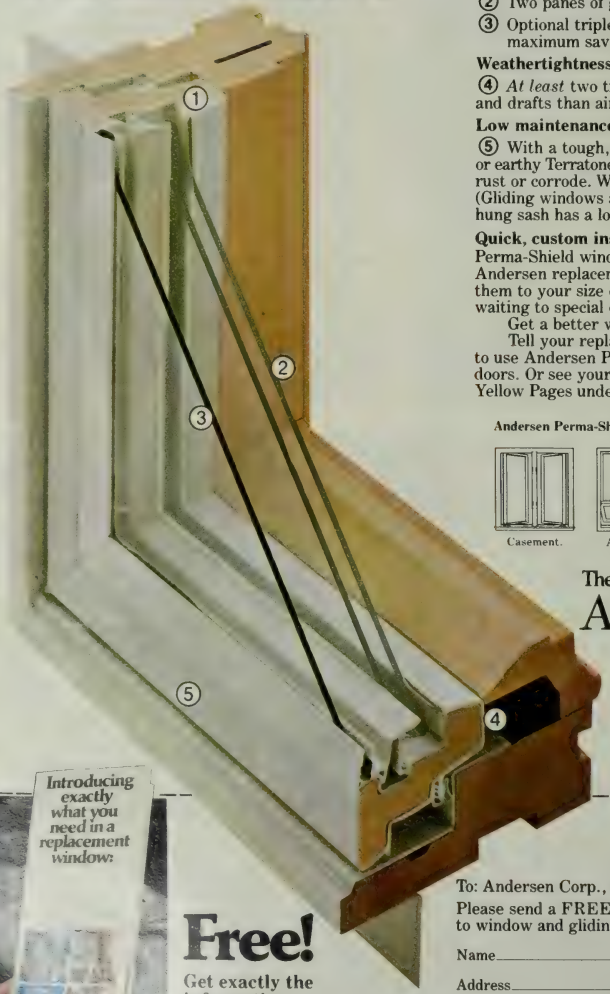
The bedroom is divided into two areas—half of the room is used for sleeping, and the other half for reading and relaxing. A small step-out balcony between the two sections of the room adds nostalgic charm to this treetop suite. The balcony is cantilevered from the bedroom and forms a canopy over the back doorway below.



Photographs: Fred Lyon. Architect: Rick Millikan, Abrams, Millikan & Kent. Field editor: Barbara Cathcart

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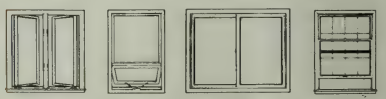
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How to shop for Wall Coverings

Shopping for wall coverings sounds easy enough: You simply look through sample books, then pick a pattern and colors you like. In reality, however, the variety of types available and the wide range of prices can make selecting wallpaper a bewildering and time-consuming experience. Here's some product information to help you choose wall coverings that are right for your needs.

Start at home

Before you shop, carefully check the rooms you plan to wallpaper. Do they tend to be bright or dark? Do you want to make them look larger or cozier and more intimate? Will any of the rooms get hard use? Do you plan to do the work yourself? How much can you afford to spend? What colors and patterns will suit your decor?

Sooner or later, you're bound to find wall coverings you like by browsing through the dozens of sample books in paint and wall covering stores, and in many department stores as well. Interior design studios may have selections not available elsewhere.

Before you start, give the wallpaper salesperson a general idea of what kind of wallpaper you have in mind, and where you plan to use it. He or she will then show you appropriate books.

Dealers will usually give you samples or let you take their massive wallpaper catalogs home for a few days so you can check the colors against your furniture, fabrics, and carpet. Since lighting can change colors dramatically, check your samples in the daytime and at night.

Types of wall coverings

Machine-printed papers. In the moderately priced collections, most wall coverings are machine printed on high-speed presses. This process is the most economical printing method. The selection of patterns is wide, and most papers are well designed and durable.

As a rule, machine-printed papers are pretrimmed, which means the selvages are cut off. Pretrimming is a big help for do-it-yourselfers.

Hand-printed wallpapers. These are found in the costly and elegant lines. Some of the designs are available immediately, but you may want to custom-order a specific color. If so, you'll probably have to wait several weeks to have the paper printed. Hand-printed wallpapers can be printed on numerous materials, including paper, linen, foil, vinyl, and even silk.

The more delicate hand-printed papers generally are not meant for family rooms or other areas of rugged use. Also, hand-printed papers can pose problems for the do-it-yourselfer. Most hand-printed papers are not pretrimmed. The more fragile papers are difficult to work with and should be hung by a professional, or at least by an experienced paperhanger. Some need lining papers.

Washable wall coverings. These are not always paper; they may be vinyl with a lightweight canvas backing. Some papers that are labeled "washable" may be wallpaper with a plastic coating. Washable means you can wipe off spots with a damp cloth.

Vinyl-impregnated, fabric-backed papers and polyvinyl chloride wall coverings, however, are labeled "scrubbable," which means they can take frequent brisk scrubbings over a long period of time. Grease and smoke stains will come off with no damage to the surface.

The heaviest vinyl wall coverings are the commercial types, which are more rugged than necessary for normal household use. The lightweight, scrubbable vinyls also are stain-resistant and virtually damage-proof, and in the long run more economical than commercial wall coverings for home use.

Vinyl wall coverings no longer have the utilitarian oilcloth look. They have soft matte finishes and are tastefully designed.

Prepasted papers. These are coated with adhesive at the factory. All you have to do is dip them in water or wet the back with a sponge and stick the paper in place. Prepasted papers can be applied over old wallpaper, if the surface is tight and smooth.

Twelve-inch prepasted wallpaper squares are also available in more than 20 different patterns.

Strippable wall coverings. These can be pulled off in full strips without steaming or scraping. Most fabric-backed vinyls are strippable, but some other vinyls are not.

Any wall covering can be made strippable if a quick-release adhesive is used. However, only the fabric-backed, fairly heavy grades of wall covering are durable enough to be used again.

The main advantage of strippable papers is actually the ease of getting them off the wall when you want to repaper. It's a special advantage with vinyl, as you never should try to hang new wall covering on top of old vinyl.

When applying strippable papers, you must follow instructions to the letter and use the adhesive recommended.

Grass cloth and fabrics. Several materials are laminated to paper and sold in rolls in wallpaper stores. You can choose *grass cloth,* which may be natural fibers or synthetics; *burlap,* available in a gamut of colors, and sometimes vinyl-coated; *felt,* which has insulating and sound-deadening qualities and now is moth- and flameproofed; or *cork,* which is glued to a paper in feather-thin slices. All these coverings are hung in the same way as regular wallpaper, but they should be used with lining papers.

Problem-solving wall covering

A washable vinyl wallpaper made to mask cracked plaster or wallboard, as well as be used on rough concrete or cinder block walls, is now available. The wallpaper has an embossed cushion and a woven glass fiber backing

continued on page 52

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begins on page 48

Wall Coverings

that prevent it from conforming to wall imperfections.

How much is enough?

To determine the number of wallpaper rolls needed, wallpaper dealers use a simple formula: Multiply the height by the distance around the room, in feet, and then divide by 30.

The estimated amount of usable paper in a roll is 30 square feet. Most rolls actually contain 36 square feet of paper, but an allowance is needed for trimming and for matching patterns. Deduct a half roll for each door, window, or opening of similar size.

Your final figure will be the number of single rolls of wallpaper you will need. Wallpaper comes in double or triple rolls, but leave that problem to the dealer. Just tell the salesperson how many single rolls you want.

Many dealers will figure the amount of paper you need if you give them exact room measurements.

To be on the safe side, order an extra roll for future patches, and as a margin for error. It's better to order too much than to run short and have to wait for a second order to arrive. Most dealers will take back unopened rolls, except in cases of costly special-order papers.

Borders are sold by the yard, so simply measure the perimeter of the room and buy accordingly.

Wall covering rolls may be from 18 to 28 inches wide. Some heavy vinyls are 54 inches wide. However, all rolls contain 36 square feet of wall covering. The narrower width rolls are easier to work with.

Costs and guarantees

The cost of a single roll of wall covering can range from about $5 up to as much as $75. The lowest priced paper is likely to be rather thin with no special features such as easy cleanability or prepasted backing. On the plus side, the paper is available in attractive patterns and probably would be adequate for a room that does not get hard use.

Most manufacturers make some changes in their lines every two years, and you may be able to find some bargains in discontinued patterns.

A serviceable and stylish plastic-coated and machine-printed paper, suitable for the average family home, will cost around $10 per single roll. Sturdy vinyl wall coverings should be in the same price range.

This means your cost for paper alone will be around $120 and up for an average-size room. Buy the best quality paper you can afford, because the cost of labor is high and you want the paper to last for several years.

Expect to pay from $40 a roll and up for the luxury lines, which include gold leaf, grass cloth, fancy foils, beautiful damasks, and French and Oriental designs. Good scenics, also in the luxury lines, range from $75 to $200 a set, with background papers extra.

Lining papers are around $10 for a single roll.

Many wallpaper books list guarantees in the front. The guarantees usually protect against defects, fading, and unsatisfactory cleaning results when the manufacturers' instructions were followed.



Those first steps just walked into a couple of hearts a thousand miles away. And the next thing you know, out of that endless string of gibberish will come something that sounds like "grandma" or "grandpa," especially to grandma or grandpa. Magic times.
Times worth sharing. Remember, no matter how far away your family or family of friends may be, you can always reach out and touch them.

Bell System

Reach out and touch someone.





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"Mop & Glo cleans and shines my regular floor... It's as easy as damp mopping."

Caring for Wall Coverings

Because wall coverings are made of a wide range of materials—from tough vinyl to delicate silk—they require specialized care. Fortunately, wall covering care has been simplified. Most wall coverings today are labeled "washable," "scrubbable," or "nonwashable" to help you pinpoint the proper cleaning procedure. After checking the care label on your wall covering, follow these cleaning tips.

Routine care

Most types of wall coverings should be dusted every month with a wall mop or a clean soft cloth tied to a broom. Gently brush the ceiling first, then the walls, working from the ceiling down. Replace the cloth as soon as it's dirty so it won't mark the walls.

To keep flocked wallpaper from shedding or matting down while you are cleaning it, dust it gently with the soft brush attachment of your vacuum cleaner.

Testing for washability

What if there isn't a care label on your wall covering? Test it by wiping an inconspicuous area with a damp cloth. If the wallpaper doesn't change color or appearance, it's probably safe to clean it as you would a washable wall covering.

Washable wall coverings

Wall coverings labeled "washable" can be cleaned with a moist cloth. Remember, though, even washable wall coverings can tolerate only a minimal amount of water.

Whether the ceiling is papered or painted, clean it first with a cloth or sponge that's dampened with sudsy water or a general spray cleaner. Then wipe the walls; working from the bottom up, clean overlapping areas with a circular motion. Wash only a small section at a time and change wash and rinse water often.

If you're using a foam cleaner, hold the can six to eight inches from the wall and spray the cleaner over a four-foot-square area. Then, wipe off the foam and soil with a damp, clean sponge. Rinse the surface clean and dry it with a terry cloth towel.

To prevent noticeable streaks, clean the ceiling or at least one wall before stopping.

If the wall covering is very dirty, you may have to wash it more than once. Let the surface dry completely before washing it a second time.

After washing flocked paper, lift the nap up gently with a soft brush.

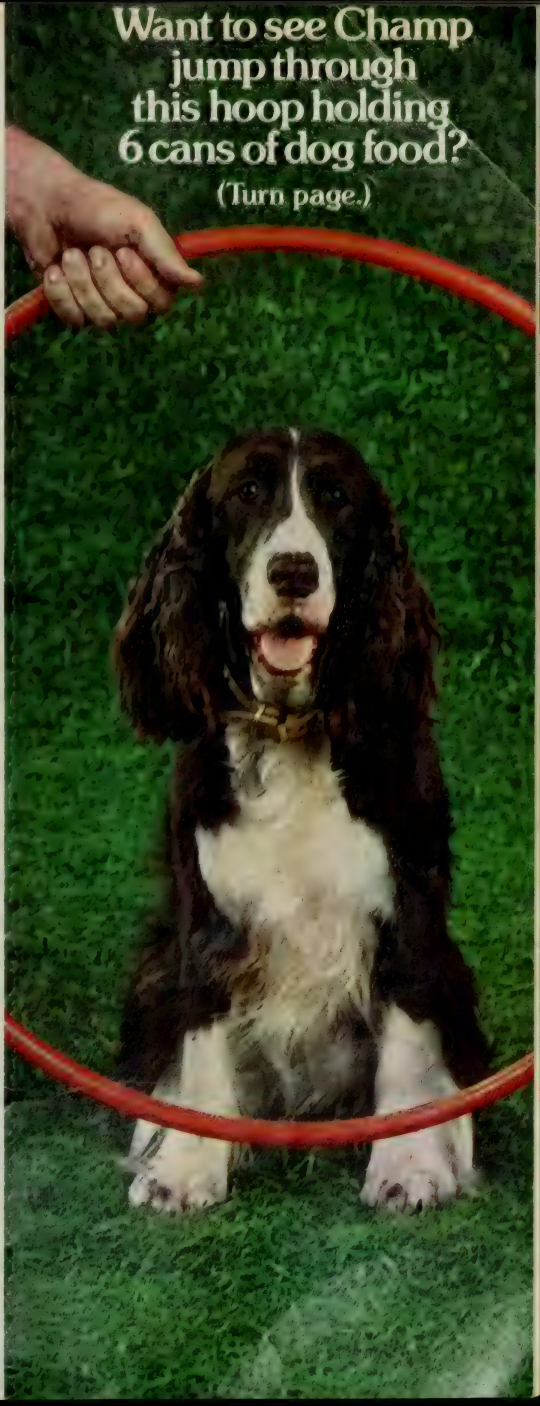
Scrubbable wall coverings

Because scrubbable wall coverings are made of vinyl or vinyl-impregnated paper, you can literally scrub them with a general-purpose detergent or a foam cleaner. Don't use an abrasive cleaner or steel wool, however; these products will scratch the vinyl.

continued

Want to see Champ jump through this hoop holding 6 cans of dog food?

(Turn page.)



Fisher-Price knows that toddlers have very short legs and a very big urge to go places.



Creative Coaster

So we designed four sturdy riding toys to take them there.

At first, just getting on and off is a project. The next challenge is to get the legs going in the right direction. (Most beginners start by going backwards.) But soon, they not only go forward, they learn to steer, u-turn and stop on a dime.



Riding Horse

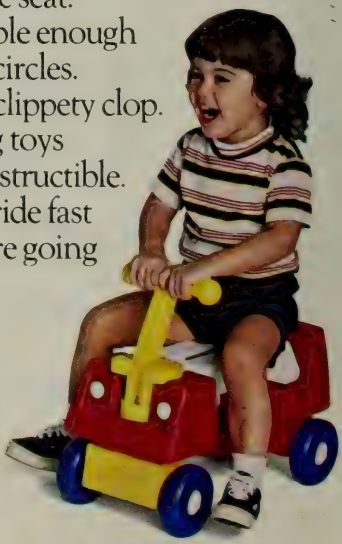
There's cargo space in all four toys and room for imagination, too. Our Creative Coaster brings along its own plastic blocks. Our unique little red Riding Wagon converts from a riding toy to an express wagon with a flip of the seat.

Our Explorer is steerable enough to go around in the smallest circles. And our Riding Horse goes clippety clop.

Of course our riding toys are made to be almost indestructible. Because they're going to ride fast and hard and long. They're going to ride like the wind.



Explorer



Riding Wagon

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continued

Wall Coverings

Nonwashable wall coverings

Nonwashable wallpaper can be cleaned with a dough-type cleaner that's available in paint stores.

To lift greasy stains from nonwashable wall coverings, try paste-like spot removers. Once the applied cleaner dries to a white powder, it should be brushed off. Two applications may be needed to remove a tough stain.

Repairing wall coverings

To reglue loose edges of most types of wall coverings, apply a little white paste with a small brush to the paper and press it back in place.

Use vinyl adhesive or white wood glue to reglue vinyl wall coverings. (Before you apply the new adhesive, scrape off the old adhesive with a dull knife or spatula.)

If a blister or bubble appears on the wall covering surface, use a sharp razor blade to slit a cross in the center of the bubble. (Be sure to follow the pattern lines.) Lift each corner and brush paste or glue (for vinyl) on the underlying wall. Press the wall covering into place, then sponge off any excess adhesive before it dries.

To cover a hole, a bad tear, or a large stain that can't be removed, patch the area with matching wall covering. (Always save leftover scraps of wall covering for such emergency repairs.)

When you're making a patch to repair wallpaper, tear the paper; the feathered edges will be less noticeable than a sharp-edged cut. Then, simply paste the patch over the damaged area.

To repair vinyl wall covering, cut a patch somewhat larger than the hole, tear, or stain. Place the patch over the area, being sure to align it with the pattern of the wall covering. Secure the patch to the wall with masking tape. Then, using a sharp razor blade, cut through both the patch and the wall covering in a rectangle. Remove the patch and peel the cut piece of vinyl from the wall. Glue the patch in place.

Fabric wall coverings

Wall coverings made of fabric laminated to a paper backing should be vacuumed to keep them dust free. Some fabric wall coverings have vinyl coatings and can be wiped clean. However, uncoated fabric wall coverings—especially silk, grass cloth, burlap, and felt—are difficult to clean if they're badly soiled or stained.

To clean silk, grass cloth, or burlap, try wiping the surface lightly with a sponge dampened with a warm water/detergent solution. Test a small area first, to make sure the water doesn't spot the fabric. Repair the wall coverings as you would vinyl.

Felt wall coverings shouldn't be washed as water can cause the felt to shrink and change color. But you may be able to remove soil and stains with a granular rug cleaner.

Use wheat paste to reglue loose edges of felt wall coverings. To repair a damaged spot in felt, patch the area as you would in a vinyl wall covering. Just scrape the old felt from the wall and substitute a cut-to-fit patch.

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Champ is holding 6 cans of dog food in his mouth. You see, a box of 12 Gaines·burgers is equal in nutrition to 6 cans of the leading national brands. And add up what you pay for those cans. A box of 12 Gaines·burgers usually costs less.

And Champ jumps through hoops for it.

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The Canned Dog Food Without The Can

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Low, low tar.
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 3 mg tar. 100s: 5 mg tar.

5 mg. "tar," 0.6 mg. nicotine av. per cigarette by FTC Method.

Gardener's log

"What is a weed? A plant whose virtues have not yet been discovered."
from *Fortune of the Republic* (1878) by Ralph Waldo Emerson

At this time of year particularly, the proverb "A stitch in time saves nine" applies to your gardening. Many insect, disease, and nutrition problems can be easily solved if detected early, so check your vegetables, flowers, and shrubs frequently for indications of trouble. If you wait till the damage becomes extensive, it may be too late for remedies.

Save excess seeds

It's easy to overbuy when you're shopping for seeds, especially for the vegetable garden. If you do go overboard, don't discard the excess seeds. Share them with friends, or store them for another season. To keep the seeds dry, store them in glass jars with airtight lids. Label the jars and place them in a cool place, such as a refrigerator or basement with a temperature range of 35 to 55 degrees Fahrenheit.

Before planting the seeds next spring, make sure they're still potent by running a germination test. Count out ten seeds, place them between paper towels, and keep the towels moist and warm for a few days. If eight of the ten seeds sprout, your seeds have an 80-percent germination rate, which is adequate. If the rate is quite a bit lower, however, throw away the old seeds and start with fresh ones.

Double-duty flowers

The flowers on your chives are as tasty as the foliage, and they're decorative, too. Use the individual petals to garnish potato salads and other foods.

Propagate from stem cuttings

Many perennials, including phlox, lavender, chrysanthemum, St. John's wort, viola, and cranesbill geranium, can be propagated from stem cuttings. To take a stem cutting, cut off a four- to six-inch piece of stem with a sharp, clean knife. Make the cut just below a node (the point at which the plant's leaves join the stem) and remove all the leaves on the bottom two or three inches of the stem.

Plant the cuttings in a flat filled with moist sand or vermiculite. For best results, put the flat in a plastic bag and place it in a semi-shady spot or indoors under grow-lights until the cuttings have rooted.



Cactus dahlia

Both standard and dwarf varieties of dahlias can be started safely in the garden early this month. If you are growing your plants from tubers, place them four inches deep in well-worked soil; plant small tubers only two inches deep. As the plants develop, pinch them back to encourage branching. The tall varieties of dahlias will need to be staked, so insert a stout stake into the ground nearby at planting time.

The Coltness, Early Bird, Sunburst and other dwarf dahlias grow easily from seed. If you are starting your dahlias from seed, be sure the planting bed is loose and friable. Then sprinkle the seeds over the soil's surface and cover with about one-half inch of soil. Water the planted bed, and in a week or so your young dahlias should be sprouting.

Try ground layering

Low-branching shrubs like the old-fashioned roses, spirea, pussy willow, forsythia, deutzia, weigela, and viburnum are easy to propagate. Just bury a section of branch underground, and after it has developed its own root system, use a clean, sharp knife to separate the whole piece from the parent plant.

Select a young, vigorous branch on the lower half of the plant. Gently make a slanting cut about halfway through the stem; make sure you ex-



continued

Illustration: Steven Schindler

continued

Gardener's log

pose at least one inch of inner bark. Remove all the leaves on this section of the branch and bury it four to six inches in the ground. Use a forked stick or a stone to keep the branch in place. A longer stem may be pinned down at several locations along the length of the stem to get more than one new plant for the garden.

IN THE SOUTH

Transplant trees and shrubs

As soon as the rainy season starts, you can safely transplant many of the trees, shrubs, and evergreens that are balled and burlapped, and the palms and tropical fruit such as mangoes and avocados.

Thin fruit trees

If your fruit trees have set a heavy crop, thin out the fruits for a better harvest. Unthinned branches produce poor-quality fruit and will often break under the weight of the excess crop. Thin apples and peaches so the fruits are four to six inches apart, and thin plums to three inches apart.

Prune shrubs

Thin out all spring-blooming shrubs now, by cutting the old wood off at ground level. This will leave only the young, healthy branches for next year's blooming season.

The large cape jasmines (gardenias) will be in full bloom this month. If you cut the flowers off when they're past their peak, you'll be giving the plants a light pruning. The time to give unshapely bushes a heavy pruning is immediately after they have finished blooming. Feed your cape jasmines with the same plant food given to azaleas, camellias, and other acid-loving plants.

Snip off all the long runners on your tree wisterias to encourage abundant bloom next spring. Prune your poinsettias to induce side branching.

Propagate plants from seed

The seeds on your daylilies, gladiolus, and gloriosa lilies are beginning to ripen now. You will get the best possible germination if you plant the seeds as soon as they mature. Use a lot of peat moss in the planting medium and keep it constantly moist.

Choose an out-of-the-way spot where the seedlings won't look skimpy while they're reaching maturity. But don't neglect them; they should never lack for water. After they bloom, pick the best plants for transplanting to more permanent locations.

IN THE WEST

Mulch well

Save on water bills and promote vigorous plant growth by mulching your garden with black plastic or two to four inches of fir bark, grass clippings, and straw. A good mulch keeps the soil cool for good root growth, reduces the evaporation of soil moisture, eliminates weed competition, and gives beds a neat, uniform appearance.

Sow seeds

Plant vegetable seeds now, plus such annual flowers as candytuft, cosmos, marigold, nasturtium, portulaca, and salpiglossis.

Pinch chrysanthemums

Pinching is the removal of the terminal tip of the shoot to make the plant bush out. Simply break off each shoot tip—by hand or with pruning shears. With cushion mums, you should pinch several times before midsummer. With the large-flowered mums, one or two pinchings should be sufficient.

Notes on My Garden

First Week, June 1-7

Second Week, June 8-14

Third Week, June 15-21

Fourth Week, June 22-28

Fifth Week, June 29-30



Top of the morning.

There's nothing like starting at the top. With a hot, delicious McDonald's® Egg McMuffin.®

Top quality, lean, center-cut Canadian bacon, special-process cheese and a sizzling-fresh Grade A egg. All tucked into a hot, buttered English Muffin.

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Fancied-up fresh fruit desserts

Serving fresh summer fruits for dessert is an easy and refreshing way to top off meals. Of course, fruit is delicious "as is," but if you prefer something a bit fancier, take your pick from our collection of festive ideas.

Crown fresh fruit with liqueur-flavored whipped cream. Add a tablespoon of orange, raspberry, currant, mint, cherry, or apricot liqueur to ½ cup of whipping cream; then whip it and spoon it over fruit. Or, for a family dessert topper, substitute a tablespoon of orange, lemonade, or limeade concentrate for the liqueur. Spoon over berries, melon chunks, or peach, pear, pineapple, or plum slices.

Melt semisweet chocolate or peanut butter chips (about 1 cup) with 2 tablespoons butter or margarine over low heat; place over a sauce warmer in the center of a platter of freshly sliced fruit. Provide fondue forks or wooden picks and let everyone dunk his own fruit.

A tray of dessert cheeses accompanied by sliced fresh fruit is a classic dessert—but why not introduce some not-so-common cheeses for different taste sensations? Some offbeat varieties to try: Port du Salut, Muenster, Gruyère, Liederkrantz, Gorgonzola, Stilton, and gjaetost.

Top frozen yogurt with cut-up fresh fruit and a sprinkling of toasted shredded coconut.

Spoon chunks of fresh fruit or whole berries into long-stemmed wineglasses; pour sparkling mineral water or champagne over the fruit to cover. Serve with store-bought butter or sugar cookies.

Make a mock crème brûlée: spoon sour cream or plain yogurt over fruit slices or chunks; sprinkle liberally with brown sugar. Place the fruit under the broiler till the topping bubbles.

When you're cutting wedges of fresh melon or pineapple, save the shell—it makes a naturally pretty serving container atop crushed ice.

Capture the flavor of Europe.



With a secret from the Orient.

The flavor is rich, savory, satisfying—as if it came from a European country kitchen. But the secret came from the Orient centuries ago: Kikkoman Soy Sauce and rice. Today, Kikkoman is America's all-purpose seasoning. And American-grown rice is the all-purpose food. Try them together in Chicken Continental. You'll find they give continental cuisine a delicious new orientation.

Serve rice often and when you do, make sure Kikkoman Soy Sauce is on the table.

RICE

Rice Council of America

CHICKEN CONTINENTAL

3 pounds frying chicken pieces
¼ cup flour (about)
2 tablespoons salad oil
1 can (4 oz.) sliced mushrooms
1 can (16 oz.) tomatoes, chopped
⅓ cup Kikkoman Soy Sauce
1 clove garlic, minced
1 medium onion, sliced
¼ cup sliced pitted black olives (optional)
3 cups hot cooked rice (cooked according to package directions)



Coat chicken pieces thoroughly with flour; brown slowly in hot oil. Meanwhile, drain mushrooms, reserving liquid. Combine mushroom liquid with tomatoes, soy sauce and garlic. Add to chicken with onion and stir to combine. Cover and simmer 45 minutes, or until chicken is tender. Stir in mushrooms and olives; bring to boil. Serve over beds of fluffy rice. Pass additional soy sauce, if desired.

Makes 4 to 6 servings.



above). Napkin ring—Vera, Inc., 417 Fifth Ave., New York, NY 10016. Crystal candelabra—Imperial Glass Corp., Bellaire, OH 43906. Candle—Colonial Candle, 232 Main St., Hyannis, MA 02601. Silverplate compote "Dolphin"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. Linens, Creamer and pitcher, (see above). Pitcher "Old Williamsburg"—Imperial Glass Corp. (address above). Fabric basket—Soft Antiques, P.O. Box 1826, Orleans, MA 02653. *Table (left):* China, Crystal, Sterling, Napkins, Napkin rings, Linens, (see above). Cake stand—Fenton Art Glass Co. (address above). Birdcage—The Wicker Garden, 1318 Madison Ave., New York, NY 10028. Dress—Laura Ashley, 714 Madison Ave., New York, NY 10021. Antique parasol—The Secret Garden (address above).

WALL COVERINGS

Page 106: Telephone booth mural—Scandecor Inc., 430 Pike Rd., Southampton, PA 18966.

Page 107 (top): Wall covering, fabric for pillows and table skirt—Laura Ashley, Inc., 714 Madison Ave., New York, NY 10021. (Bottom): Wall covering, matching fabric "Clotilde"—Brunschwig & Fils, 979 Third Ave., New York, NY 10022. Chaise longue—Shuford Furniture Co., Div. of Century Furniture Co., 1457 Ninth Ave., N.E., Hickory, NC 28601. Carpet—Karastan Rug Mills, 919 Third Ave., New York, NY 10022.

Page 109 (top)—Louvered screen mural—Carlton V. Ltd., 979 Third Ave., New York, NY 10022. (Bottom): Floral wallpaper "Deborah," border "Impressions," Angelo Donghia—James Seeman Studios, Div. of Masonite Corp., 50 Rose Pl., Garden City Park, NY 11040. Grass cloth on screen, and desk—Kirk Brummel, 979 Third Ave., New York, NY 10022. Bamboo chair—Thomasville Furniture Ind., P.O. Box 339, Thomasville, NC 27360.

Page 110: Mural "The Nativity"—Scandecor, Inc. (address above).

Page 111 (top): Wallpaper "Pinecones"—Nils Anderson Studios, Inc., P.O. Box 110, Andover, NJ 07821. (Middle): Wall covering—David and Dash, 2445 N. Miami Ave., Miami, FL 33137. (Bottom): Wallpaper, matching fabric "Cordelia"—F. Schumacher & Co., 939 Third Ave., New York, NY 10022.

Pages 112-113 (center back): Rectangular basket—Quon, Quon, 2801 E. 12th St., Los Angeles, CA 90023.

BARBECUE TIME!

Page 117 (bottom right): Square white dish—Royal Copenhagen Porcelain Corp., 8 Westchester Plaza, Elmsford, NY 10523.

Page 118 (top left): Round bread board—Williams-Sonoma, Box 3792, San Francisco, CA 94119.

PRIZE TESTED RECIPES

Page 135 (left): Basket liner—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023.

Page 136 (center left): Saucepan—West Bend Co., 400 Washington St., West Bend, Wi 53095. (Far right): Octagonal glass bowl and saucer—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022. Spoon "Tristan"—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, RI 02907.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

DISCOVER SUGAR SNAP PEAS

Page 33 (right): Wok—West Bend Co., 400 Washington St., West Bend, WI 53095.

COUNTRIFY A KITCHEN

Page 36: Cabinets—Quaker Maid Kitchens, Division of Tappan Co., Leesport, PA 19533. Refrigerator and microwave oven—Amana Refrigeration Inc., Amana, IA 52203. Dishwasher and compactor—Kitchen Aid, Division of the Hobart Mfg. Co., Penn Avenue, Troy, OH 45374. Cooktop—Jenn-Air Corp., 3035 Shadeland Ave., Indianapolis, IN 46226. Counter tops—The Formica Corp., 120 E. 4th St., Cincinnati, OH 45202. Sinks—Kohler Co., Kohler, WI 54033. Wallpaper and fabric—Schumacher, 939 Third Ave., New York, NY 10022.

Page 40: Flooring—Armstrong Cork Co., Lancaster, PA 17604. Refrigerator—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60624. Cooktop—Jenn-Air Corp. (address above). Sink—Moen, Division of Stanadyne, 377 Woodland Ave., Elyria, OH 44035. Oven—Sears, Roebuck and Co. (address above). Counter tops—The Formica Corp. (address above). Wallpaper and fabric—Greeff Fabrics, Inc., 155 E. 56th St., New York, NY 10022.

PORCH PICNICS

Page 104-105 *Table (right):* China "Lowestoft"—Adams Ironstone, 41 Madison Ave., New York, NY 10010. Crystal "Coral Coronation"—Sasaki Crystal, 225 Fifth Ave., New York, NY 10010. Sterling flatware "Romance of the Sea"—Wallace Silversmith, Wallingford, CT 06492. Cranberry crystal basket—Riekes Crisa, 225 Fifth Ave., New York, NY 10010. Linen on table—The Secret Garden, 252 E. 62nd St., New York, NY 10021. *Oval table (center):* China "Blue Tree"—Lenox China, Inc., Lawrenceville, NJ 08648. Sterling, Crystal, (see above). Footed silverplate tray—Oneida Silversmiths, Ltd., Oneida, NY 13421. Crystal swan—Schmid Bros., Inc., 55 Pacella Park Dr., Randolph, MA 02368. Napkin "Glen Rose"—Peacock Alley, 162 Leslie St., Dallas, TX 75207. Crystal basket "Water Lily Basket"—Fenton Art Glass Co., Williamstown, WV 26187. China swan—Lenox China, Inc. (address



U.S. Government Report:



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Kent	11	0.9
Kool Milds	13	0.8
Marlboro Lights	12	0.8
Merit	8	0.6
Merit Menthol	8	0.6

	Tar mg./cig.	Nicotine mg./cig.
Parliament Lights	9	0.7
Salem Lights	11	0.8
Vantage	11	0.8
Vantage Menthol	11	0.8
Winston Lights	14	1.1

Carlton is lowest.

Less than 1 mg. tar, 0.1 mg. nic.

Of all brands, lowest...Carlton Box: less than 0.5 mg. tar and 0.05 mg. nicotine av. per cigarette, FTC Report Dec. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Dec. '79.

All toothpastes are not alike. No. 4 in a series.

A cavity in one tooth can lead to a cavity in the next tooth. Can her toothpaste help prevent it?

Colgate does and clinical tests prove it. Particularly where teeth touch, some of the acid producing bacteria that can cause a cavity in one tooth can cause a cavity in the next tooth. Colgate® with MFP® fluoride actually helps prevent that cavity from happening.

Colgate penetrates. When your youngsters brush with Colgate, fluoride joins with their tooth enamel. Brush regularly, and this fluoride builds up, making teeth stronger to resist decay. Even when they're sleeping or snacking or playing, Colgate's long-lasting MFP fluoride is working.



The Penetration Principle: Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride penetrates the surface of tooth enamel to strengthen it against decay.

Strengthens tooth enamel. If a cavity starts in one tooth, Colgate, by strengthening the enamel of the surrounding teeth, helps keep that cavity from leading to a cavity in the next tooth.



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The clean in your mouth is Colgate. Colgate's brisk, clean, invigorating taste is rated number one among fluoride toothpastes by parents all over America. And Colgate fights cavities. Helps keep them from leading to more.

Colgate helps stop cavities before they start.



Accepted Council on Dental Therapeutics American Dental Association

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. ©1979, Colgate-Palmolive Company.

Straight answers to common questions about Varicose Veins

Millions of American women and men are bothered by painful and unsightly varicose veins. By age 40, one out of every two women and one out of every four men show evidence of varicose veins.

Persons who are on their feet in the same place all day, or who do heavy lifting, seem to be more susceptible to varicose veins than are persons who stand up but move around and persons who change positions frequently. Some people develop varicosities much earlier in life, but such cases are probably attributable to heredity.

It's a misconception that surgery is the only remedy for varicose veins. Fortunately, there are many things you can do—on your own—to minimize varicose veins or prevent them.

What are varicose veins?

Our veins are used to return blood—minus oxygen and nutrients—to the heart from tissues and organs that received the blood from the body's other major vessel system, the arteries.

This constant flow of blood through the veins is controlled by breathing, the contraction of muscles, and a series of one-way valves, designed to prevent backflow and to keep blood flowing toward the heart. Sometimes, because of heredity, occupation, or the aging process, these valves become less effective, permitting blood to flow backward and collect and pool in the veins. The results are enlarged, visible veins that are called varicose veins.

Where do varicose veins appear?

Veins have thin walls—unlike arteries, which have a thick muscular layer to withstand the pressure of blood pulsed from the heart.

In the legs, one-way valves in the veins are located every three to six inches. The leg has two interconnected systems of veins. The deep venous system consists of the *femoral veins* and their tributaries. The superficial system consists of the *saphenous veins* and their tributaries. The two types are joined by channels with valves, much like the rungs of a ladder, all the way up the lower leg.

Blood from the legs has to fight gravity while returning to the heart. Leg muscles provide adequate assistance to the deep veins but not to the superficial veins that are nearer to the surface and surrounded by fat.

During pregnancy, the uterus obstructs the blood flow from the feet and legs, thus stretching the valves in the veins. The condition usually clears up or improves after delivery.

Obesity can cause varicose veins too: Because of the extra weight, the veins must carry more blood. Obesity also makes it more difficult for the veins to carry blood toward the heart.

continued



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continued

Varicose Veins

Swollen superficial veins most often appear on the inner side and back of the calf, and on the inner side of the thigh. They occasionally affect the lower arm. When they affect the anal region, they're called hemorrhoids.

Whether a varicose vein is visible depends on its location. In the thigh, veins may be concealed by body fat; in the calf, they bulge on the surface as masses of twisted, bluish cords.

What are the symptoms of varicose veins?

Obviously, one symptom is the appearance of bluish veins that stand out from the surface of the skin. Other symptoms are a feeling of heaviness or fullness in the legs, fatigued leg muscles (particularly at the end of the day), soreness after standing for long periods, muscle cramps in the calf, and itching or burning of the skin. Persistent swelling signals more advanced stages of the disease. Pain isn't usually a problem until the disorder is advanced, although women may find varicose veins particularly painful during menstruation.

What will your doctor do?

By inspection and manipulation, your doctor will be able to verify the presence of varicose veins, and tell where and how severe they are.

Your doctor may use an exam called the *Trendelenburg test* to determine the extent of the problem. In this test, a tourniquet is placed high on the thigh to obstruct the superficial veins. The patient then assumes a number of standing or lying positions which allow the physician to judge direction and rate of blood flow in and between the two sets of veins.

Depending on the outcome of the test, a *venogram* may be done to determine the condition of the deeper veins. An iodine-based dye is injected into the superficial vein of the foot; tourniquets are applied to force the dye into the deep vein, and X rays are taken to see if the deep system is open, or partially or totally obstructed. Generally a venogram is a hospital procedure, you are required to stay in bed and rest for a day or two after the test.

IF YOU NEED TO BUILD UP YOUR BLOOD DON'T COUNT ON VITAMINS

Iron poor blood is the most widespread nutritional ailment in America today. In fact, it's a problem that millions of American women face.

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GERITOL will actually build iron poor blood back to normal. That's what makes it different from just plain vitamins—and so important to you.

What are current treatments for varicose veins?

Fortunately, most people with varicose veins don't need surgery.

When overweight is a contributing factor, the doctor's advice is clear-cut: lose weight.

Both obese and normal-weight patients can frequently benefit from elastic support stockings that alleviate an elevated pressure on the veins caused by faulty valves. Often the elastic stockings provide relief for patients with uncomplicated varicose veins.

Women should avoid "one size fits all" support panty hose. Instead, choose a size that is proportioned to your height and weight. Make sure the panty hose provide even support all the way up to the waist and don't constrict the toes. Men's support hose should not have a constricting elastic band at the top.

Your physician may prescribe custom-made stockings that come in varying lengths and degrees of compression.

continued

continued

Varicose Veins

The stockings must be replaced when they lose their elasticity, usually after three or four months' wear.

Sometimes elastic roll bandages are prescribed for even better support.

What about surgery?

When varicose veins are so advanced that surgery is necessary, the procedure that's most often performed is *ligation and stripping*. By making incisions near the groin and at the ankles, a surgeon is able to tie off and sever the affected saphenous vein. A flexible wire is passed up the vein from the ankle; the end of the vein at the groin is tied to the end of the wire and the wire is then removed, pulling the vein along with it. Sometimes other incisions must be made along the leg or part of the leg to tie off connections between the superficial and the deeper veins. In some cases, an incision must be made along the length of the lower leg.

After the operation, the deep vein takes over the job of transporting all the blood from the leg back to the heart.

A simple operation takes about one hour and can be done with a spinal anesthetic. More complicated operations may take two to four hours per leg and usually require a general anesthetic. Many surgeons prefer to do one leg and then wait three to six months before doing the other leg to minimize the time a patient has to be anesthetized and the time he or she must spend in bed after surgery.

Injections of sclerosing (hardening) solutions to block the flow of blood through the varicose vein are not used as frequently today as in the past, at least in the United States. The results frequently aren't permanent, and new vein channels that develop to bypass the blocked-off area may also develop varicosities. When the injection procedure is used, it's generally reserved for varicosities below the knee.

Is exercise helpful?

Exercising the legs can help because it causes muscle contractions that push the blood upward. Bicycling, swimming, and walking are recommended. Lying on the back and doing bicycling exercises, and elevating the feet and knees higher than the heart, are two other ways to counteract congestion and increased pressure in the superficial veins in the leg.

What else can be done?

- If your job keeps you on your feet all day, don't stand still. Move around and wear support stockings that fit comfortably.
- If you're stuck at a desk, put your feet up on the desk whenever you can. If that's not possible, stand up and move around at least once an hour.
- When you sit, cross your legs at the ankles, not the knees. Don't sit on your legs or tuck them back under your chair.
- Don't wear hose with constricting elastic in the mid-calf or mid-thigh area; avoid garters, tight girdles, and tight knee-high boots.
- When driving long distances, stop every two hours and walk for ten minutes. Get up and walk frequently during long plane or bus trips.

—Lynne Lamberg

Use the treatment hospitals use for hemorrhoidal irritation.



For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

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What's with warts?

A wart, like a weed, is annoying and unsightly, and once removed, it's likely to return no matter how hard you try to keep it away.

Warts are non-cancerous tumors that grow on the hands, face, neck, feet and in the genital region.

They range in size from as small as a pinhead to as large as a silver dollar.

Warts have been a bother for centuries, and a whole folklore has built up around them.

You can't get warts from handling frogs or toads, and it's highly unlikely that you would get warts through casual contact—a handshake, for instance—with someone who does have one. But it's true that once you get one, others are likely to appear.

Warts can be infectious. When one is scratched, a string of new warts may grow along the break in the skin.

The consensus of physicians is that warts are caused by a virus, but because the virus can't be isolated and grown in a laboratory, scientists are stymied in their search for a cure.

Sometimes a wart will disappear as spontaneously as it appeared, and scientists believe the body's own defense mechanisms are the reason. And sometimes when one wart is treated, others surrounding it will vanish, too. Warts have been known to vanish between a first exam in a doctor's office and the date set for removal a week later.

Here's what to do if you have a wart:

- Check with your doctor. What you think is a wart could be something more serious. Your doctor will decide which treatment is appropriate based on his observation of the type and location of the wart.
- Don't use irritating or caustic home remedies. They can result in other skin infections or scarring.
- Consider having the wart removed with an electric needle if the wart is in an area where a small scar won't be noticed.
- If even a small scar would be noticeable, have the doctor remove the wart with chemicals, or by freezing.

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Do people think your older sister looks younger than you do?

That's not an easy question for any woman to face. But it happens. Haven't you mistaken a younger sister for an older sister at least once or twice? Maybe you should take an honest look at your skin before someone else does. Do you look older than you really are?



You probably never thought you'd catch up to a woman who was a few years older than yourself. But unfortunately, maybe you have. Many women around the world share your concern, and many who do also share the secret of a mysterious beauty fluid that helps them look younger. Here in the United States, that secret is known as Oil of Olay.®

Oil of Olay is unlike anything you've ever tried before. Because Oil of Olay is so similar to the natural fluids abundant in younger skin. That's one reason why your skin responds so naturally, so quickly. In fact, Oil of Olay starts penetrating instantly, quenching thirsty skin with its precious tropical oil and emollients.

Just smooth Oil of Olay onto your face and throat every morning, every night. This skin-cherishing fluid replaces dryness with smoothness and eases the lines that can tell too much. Soon, even those little laugh lines will be less evident.

Not only will your mirror tell you that the luster and radiance of your skin has returned, but friends and family are likely to notice it, too. They may not say anything right away, but they'll know that something about you looks "different."

And Oil of Olay isn't greasy, so it makes an ideal foundation under makeup. Actually helps keep the finish smooth and even-looking. Oil of Olay gives bare skin such a fresh look, you may want to wear it all alone for a soft, dewy glow.

No woman wants to feel she looks older than she really is. And that's why so many women cherish the secret of Oil of Olay. Why not discover the secret for yourself and start looking like the younger sister you really are.

Oil of Olay. It can help you look younger, too.

Beauty Hints:

To give yourself a silky facial, try this simple but luxurious beauty hint. Draw a hot bath and lavish Oil of Olay® beauty lotion onto your face and throat. The steam of the tub opens pores and makes your skin more receptive to the benefits of Oil of Olay. Soak for thirty minutes and then gently pat skin dry with a soft terry towel.

To prevent your neck and throat from becoming slack and tired, use this simple toning method. Soak a cottonball in lemon juice and briskly smooth it on neck and throat using upward, outward strokes, stimulating the circulation until any sallowness is corrected. Follow with a gentle massage of Oil of Olay.

Dan Kaercher

Root canal therapy:
the latest tooth-saving techniques

Can a root canal treatment save your tooth? More and more frequently, the answer is "Yes." Consider this example:

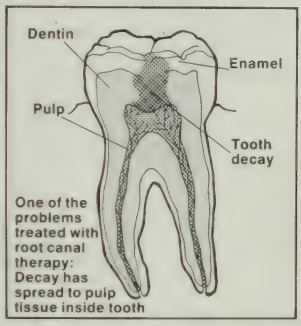
You slip and fall down the icy steps in front of your house and smack your jaw against the railing. The blow breaks off a front tooth, exposing and damaging the pulp (or tooth nerve). You rush to your dentist, expecting him to extract the rest of the tooth, but instead he performs root canal therapy. After a few visits, your reconstructed "tooth" is as good as new.

Root canal (or endodontic) therapy has been around for years, but recent refinements are making it a routine dental treatment for the injured or severely decayed tooth that needs more than just a filling. Here's what you should know about the procedure.

What is root canal therapy?

Root canal therapy is a treatment in which injured or infected pulp tissue inside a tooth is replaced with a filling in order to save the tooth. It's a more extensive procedure than filling a cavity in the outer enamel and dentin layers of the tooth. The usual alternative to root canal therapy—extracting a tooth and replacing it with a bridge—can be much more time-consuming and costly in the long run.

A tooth injury like that just cited is one dental problem root canal therapy can solve. A decayed tooth also can require root canal treatment when the soft, pulpy inner core of nerves and blood vessels becomes painfully infected or abscessed. Studies indicate that most tooth pain in adults is related to inflamed or diseased pulp tissue—the kind of problem that root canal therapy often can correct.



One of the problems treated with root canal therapy: Decay has spread to pulp tissue inside tooth

Who usually performs root canal work?

An endodontist is a dentist whose specialty is root canal techniques. Sometimes an endodontist works with an oral surgeon to repair fractured jaws and teeth of accident victims. A growing number of dental general practitioners are trained to perform root canal therapy, too.

What happens in root canal treatment?

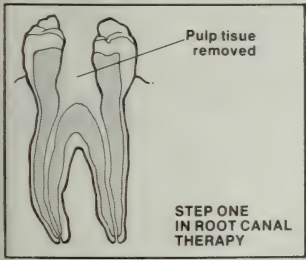
First the dentist removes the diseased nerve tissue from inside the pulp chamber and the root canal(s) of the tooth. (Front teeth have a single root; other teeth are multi-rooted.) The dentist drills through the crown of the tooth to reach the nerve tissues, which are removed. Then the dentist begins reshaping and cleaning the pulp chamber as shown in the first illustration at the bottom of this page.

When the canal(s) and pulp chamber are infection free, the dentist fills and seals the tooth to prevent bacteria from reentering. Then, depending on how much of the original tooth remains, he may restore the tooth with a silver or plastic filling, a gold inlay, or a crown made from porcelain or gold. The chewing surface of the tooth must be protected by a strong filling material to prevent splitting.

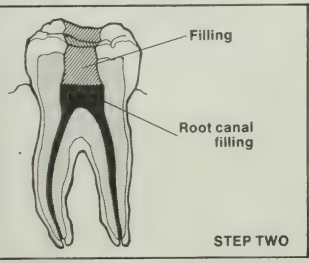
If the tooth crown is badly decayed, the dentist may replace it entirely and anchor the new crown to one or two of the treated roots. This step is usually performed by a family dentist, not an endodontist.

While the entire root canal treatment can take place in just one visit, the preferred sequence is this: On the first visit the dentist removes the diseased pulp tissue, medicates the tooth to reduce pain, and places a temporary filling in the tooth to keep saliva and food from entering the root canal. Then treatment is completed by the endodontist or family dentist in one or two appointments, after the inflammation has subsided.

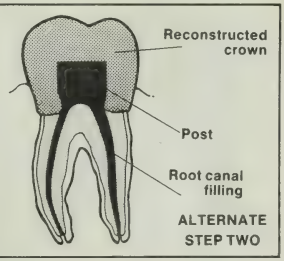
continued



STEP ONE IN ROOT CANAL THERAPY



STEP TWO



ALTERNATE STEP TWO

COFFEE, COLA OR VIVARIN?

There are times when nothing beats a cup of good, hot coffee or an ice cold cola. They taste good, and give you the lift you want.

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Read label for directions.

continued

Root canal therapy

What does a root canal cost?

In the example of the broken tooth cited at the beginning of the article, the fee for a root canal and a new crown typically can range from $350 to $600. The fee for extraction and replacement with a bridge can range from $475 to $890.

But future problems would make the biggest difference in costs. Bridges wear out, and shaving down adjacent teeth for the bridge abutment—coupled with the difficulty of cleaning around the bridge—can lead to infection, decay, and more dental bills.

Your costs would be less, of course, if you didn't have the tooth replaced at all, but this would be a mistake. The gap left by a missing tooth is unattractive, leads to malocclusion (improper bite), and makes chewing difficult.

What to do when a tooth gets knocked out

Knowing what to do and acting quickly can make it possible to save a tooth that has been knocked out. If you, a family member, or a companion should have a tooth knocked out, here's what to do:

Pick up the tooth by the crown rather than the root and gently clean the tooth with water if possible. *Don't* use caustic chemicals or scrub the tooth vigorously; you may irrevocably damage the layer of cells on the root surface.

If possible, replace the tooth in its socket and try to hold the tooth in position while you go immediately to a dentist. If this isn't possible, place the tooth in the mouth next to the cheek (this may sound distasteful, but it's the best way to keep the root cells alive). Or, put the tooth in a cup of water or in a wet handkerchief. The dentist then may be able to reposition the injured tooth in the mouth and reattach the tooth firmly in its socket; he will follow up later with root canal therapy. Once replanted, a tooth can stay in place for years.

Can older persons benefit?

According to the American Association of Endodontists, root canal treatment can be especially suitable for older persons. That's because the treatment is less traumatic than extraction, which often causes the elderly more difficulties than it does younger persons. Even when teeth cannot be saved, it often is possible to save the roots of strategic teeth to anchor bridges or partial dentures.

—Produced in cooperation with Lou Joseph

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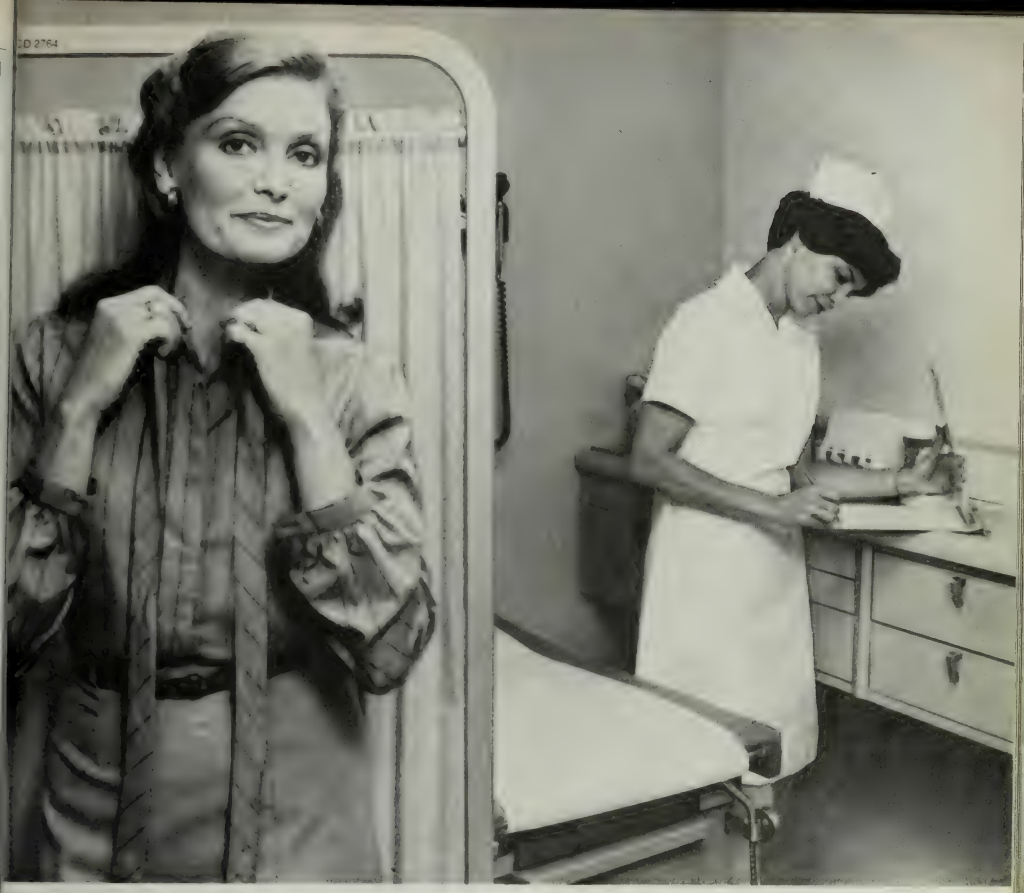
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When a person is ill, some vitamin needs may actually increase. Infections, even mild ones can result in the loss of a number of vitamins and minerals. Also, certain medicines may interfere with the body's use of vitamins. And, since illness is often accompanied by poor appetite, vitamin levels may be lowered.

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Kim Garretson

New Cars:

How to get the best deal in today's market

New car showrooms are rather quiet places these days as sales have slumped in response to high prices, tight money, and the gasoline crunch. With a little dickering, you probably can talk a sales-hungry dealer into parting with a car for only a couple of hundred dollars over his cost. Here are some tactics to try before the final bargaining begins.

Pick the right salesperson

As a rule, the salespeople who approach you on the showroom floor work on some sort of commission basis. That means the more cars they sell and the more money they get for the cars, the higher their salary will be. Most salespeople also will be anxious for your business because you can help them win a prize in the monthly sales contest many dealers run. That's why the last few working days of the month may be the best time to find a salesperson ready to deal.

Study the window sticker

A new car sticker lists only *suggested* retail prices—a manufacturer's standard at which salespeople shoot, but to which they are seldom bound. The exception is an extremely "hot" seller such as the Volkswagen Diesel Rabbit or a General Motors X-body car. If you find you must put your name on a lengthy waiting list for one of these cars, you'll likely have to pay "full sticker"—or even more. That might be a good reason to turn your sights to another car in the same price range that you can deal on.

When you study a window sticker, be sure to ask a salesperson to explain any entry you don't understand. Be on guard for vaguely worded descriptions such as "handling," "delivery," or even "profit" listed along with the manufacturer's suggested retail price (which often includes the dealer's preparation and the transportation charges). A few unscrupulous car retailers may resort to such terminology in an effort to bloat their profits. Also look for second window stickers listing optional equipment or features added by the dealer after delivery from the factory. Ordinarily, these extras are legitimate (and sometimes will be removed by the dealer if you wish). Still, ask about any that seem dubious.

Consider trade-ins carefully

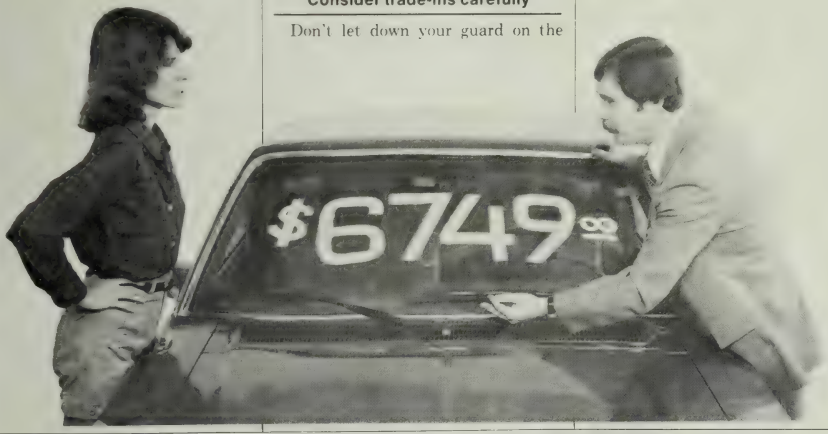
Don't let down your guard on the trade-in allowance for your old car; a bad deal can quickly wipe out any savings you've gained on the new car. When talking trade-in, remember today's strong used car market: You may be able to sell the car yourself for several hundred dollars more than the trade-in value, a bonus that's worth the time and effort involved. Before talking to a dealer, check a used car guide for the wholesale and retail values of your old car. Don't hesitate to back out of a bad trade-in deal.

A tip: Always ask the salesperson first for the price of the new car without your trade-in, then ask for the price of the car with the trade-in. This will prevent the salesperson from quoting you a high trade-in value for your old car, while secretly upping the minimum acceptable price he or she will take for the new car.

If the difference between the salesperson's two figures is significantly less than you could sell the car for yourself, consider doing just that. Remember, however, you probably can't get the full retail price the dealer would get for your car unless you're willing to spend

continued

Photograph: Kuhn/Garmon



continued

New cars

the time and money for the professional cleaning and fix-up job (called "detailing") the dealer performs on his used cars. Checking the classified ads for listings of cars similar to yours will give you an idea of the price you could ask for your car.

If you're ordering a new car, establish the trade-in value you'll receive on your old car when you sign the papers. Most standardized car purchase orders provide for reevaluation of the trade-in allowance when the new car is delivered. Ask the dealer for the guidelines he'll use in reevaluating the trade-in—increased mileage, new scratches or dents, etc.—and get a written estimate of how much the trade-in allowance might be lowered.

Figure dealer cost

Getting a good deal hinges on two primary factors: (1) how much the car cost the dealer and (2) what it's costing the dealer to do business.

You can't figure the second factor, but it's not too hard to get a close estimate on the first. However, it's difficult to get an *exact* cost because the dealer is affected by an involved system of holdbacks and year-end factory rebates. Keep this in mind if a salesperson shows you a factory billing document to support the oft advertised "$100 over dealer invoice" deal. Sometimes even the dealer doesn't know precisely what a car costs him until the end of the year.

There are several ways to get a good *approximation* of what a dealer has paid for a car.

One way is to use the up-to-date information available from a computerized car cost estimating firm. For a fee, cost estimating companies will supply you with usually accurate prices of the car and accessories you want. Companies offering these computerized services include:

- Computerized Car Costs Co., P.O. Box 2090, Eleven Mile Rd., Lahser Station, Southfield, MI 48037. Phone (800) 521-7007.
- Car/Puter International, 1603 Bushwick Avenue, Dept. YB, Brooklyn, NY 11207. Phone (800) 221-4001.
- Nationwide Auto & Truck Brokers, Inc., 17517 W. Ten Mile Rd., Southfield, MI 48075. Phone (313) 559-6661.

The simplest way to get a handle on the wholesale cost of an automobile is to deduct the approximate markup from the price on the window sticker. (Deduct freight and dealer prep charges before computing, then add them to the result.) You'll usually find the larger or more luxurious a car is, the greater the markup (the difference between dealer cost and retail price).

As a general rule, the base price of a luxury car will carry a markup of about 23 percent; a full-size car, about 20 percent; an intermediate, about 17 percent; a compact, approximately 13 percent; and a subcompact, around 10 percent. (Top-of-the-line models in the smaller car categories will tend to have a higher markup than the "base" models.) Of course, in today's topsy-turvy new car market, these guidelines often are bent. So don't be surprised if you find big cars marked up less to boost sales and small cars more to increase the dealership's profits.

Options listed on the window sticker carry individual dealer markups. If you insist, a salesperson should give you the list prices of all options listed on the window sticker. With these prices, you can calculate the markups. You'll find they probably range from 15 to 25 percent, with trim and paint options at the lower end and high-ticket items like a power sunroof at the upper end. If the average markup of the car's options is higher than 20 percent, you may want to pass up some extras to save money.

Time your bargaining

Try not to bargain with a salesperson on your first visit to a dealership. Jot down the sticker information on the cars in stock, take test drives, and peek at the service operation to see if it's clean and efficient (a good clue to the efficiency of the dealer). Of course, you'll talk to salespeople, but avoid discussing a deal. Tell them you are just beginning to look, you're visiting several places, and you need some information to do some figuring at home.

When you do begin bargaining with a salesperson, have your figures at hand and bring your own calculator for doing private figuring during the session. This preparation will demonstrate your seriousness about getting a good deal and may persuade the salesperson to forgo initial high quotes.

Watch out for bargaining tricks

Be on guard for these tactics during the bargaining session:

A cooling-off period. At the point when the salesperson seems ready to accept your offer, he or she leaves to get the sales manager's approval. The salesperson may let you wait alone for a half hour or more with the hope that you'll think about how much you like the car and thus become less hardnosed on the price you'll pay. When the salesperson returns, he or she tells you the offer has been turned down and then makes a counter offer. Even if it sounds like a final offer, don't accept it unless it's very close to what you had hoped to pay. Instead, raise your offer slightly and then start to leave if the salesperson refuses to bargain more.

A "minor" holdup. The salesperson leaves to get the deal approved, and returns to say he or she couldn't find the sales manager but the deal seems okay. The salesperson begins writing the order, your excitement rises, and the sales manager enters the office. He or she takes a look at the offer, tells the salesperson to stop writing, rebukes him for making the deal, and leaves the office. You're supposed to feel pity for the salesperson and raise your offer to keep him from getting into more trouble with the boss.

A talk with the boss. Although all deals must be authorized by a sales manager or other authority besides the salesperson (remember this when signing any contracts), the salesperson may use this tactic: He tells you he has no authority to accept the tough deal you've bargained for and calls in the sales manager. This person rejects your offer and begins trying to negotiate a higher price. The apparent higher authority of this second person is supposed to support the claim that the price must be raised.

A surprise. The deal is struck, the order is being written, and the salesperson suddenly surprises you with a statement like, "Oh, how stupid of me, I forgot the transmission. You'll have a little trouble driving without a transmission." The price immediately jumps a couple of hundred dollars, but the salesperson assumes you won't

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Saladwich: Open face Iceberg lettuce rafts with tomato rounds, green pepper rings, ham and cheese slices. Garnish with watercress and serve with KRAFT Creamy Cucumber.

Lettuce Crepes: Reserve the outer leaves of an Iceberg lettuce head. Shred and toss remaining lettuce with crumbled bacon and KRAFT Creamy Cucumber. Top each reserved leaf with one quarter cup mixture and two partially cooked broccoli spears, then roll and secure with wooden pick. Top with additional dressing and crumbled bacon.

Scrunch. Munch. Enjoy.



KRAFT

CALIFORNIA ICEBERG LETTUCE COMMISSION



continued

New cars

balk since you've already agreed to buy the car. A variation of this tactic calls for the dealer to wait a week or two after you've gotten the car, then call to say there was a mistake in addition on the contract and you owe more money. The dealer also might threaten to repossess the car. In this situation, call your attorney or local consumer office.

"Free" extras. There are several variations of this ploy, the most common being the offer "to throw in for free" a radio, rust-proofing, or other extras. Another pitch: "I'll give you the AM-FM cassette stereo for only the cost of the standard AM radio." A third variation: "I'll sell the car to you at list but give you all the options at my cost; I won't make a penny on them." In the first two cases, you can assume the price the salesperson is offering will give him more than enough profit to cover his cost on the free item. This should signal to you that there's still room for bargaining. In the third case, the dealer will make his full profit by selling the car at list, so he's not too concerned with the little added profit he could get on options.

Special treatment. You ordered a new car a few days ago, and you're beginning to think that six to eight weeks is a long time to wait. Your salesperson calls and says he has just learned of a model very close to the one you've ordered that he can get from another dealer. He's willing to accept the same base price for this car, but you will have to pay a few hundred dollars more for the frills you didn't order on the first car.

Watch out for other tricks when you're discussing financing or deposits on a car you're ordering. It's wise to talk to your bank or credit union about financing before talking with the dealer. That way you'll have figures to compare. And make sure you sign some sort of agreement on any deposit. This protects you from any subtle threats of not getting it back.

Of course, such scenarios aren't always deceptive; some maneuvering is to be expected when you and the salesperson are trying to agree on a price. Just be aware and stick to your hard-line bargaining position.

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Margaret Daly

OVERDUE What happens if you can't pay your mortgage?

Poor health. Loss of your job. Soaring real estate taxes. Crushing utility bills. Any of these problems could unexpectedly threaten your ability to keep up your mortgage payments. What can you do to protect your home from foreclosure?

While the rate of home repossession today is still low compared to what it has been at some other times in our history, inflation is once again severely squeezing household budgets. Illness, job loss, or other problems may increase the drain of family resources so that it's even hard to make the mortgage payments.

If you feel the squeeze coming on, you may be reluctant to talk with your mortgage lender. That's a mistake, according to C. C. Hope, president of the American Bankers Association. "We're in business to lend money, not to be real estate brokers. The last thing the bank wants to do is foreclose."

Let your lender help

If you are running into financial trouble, go directly to your mortgage lender. Your willingness to contact him as soon as problems arise will work in your favor. If you have a record of making past payments on time, the lender will try to cooperate.

Be prepared to speak honestly and to show that you want to rectify the situation. If illness caused the bind, a reputable lender will try to develop a satisfactory plan while you're catching up. Similarly, temporary unemployment will not be held against you, presuming you've held a steady job.

Do some homework first

The banking officer will want every bit of pertinent information, so line up the facts in advance. The Department of Housing and Urban Development (HUD) suggests you prepare yourself for these questions.

- Why did you fall behind in your payments? Give the facts on the circumstances that led up to your problem. Was it caused by layoffs? Rising property taxes? Hefty maintenance costs? Insurance premiums? Payments on other loans? Alimony? Child support? Remember, candor counts.
- What are current resources? Tally your present monthly income, including wages, union or disability payments, VA benefits, social security, savings accounts, spouse's and children's incomes, insurance policies, and other assets against which you can borrow.
- What about other obligations? Total your debts and monthly payments due, exclusive of your mortgage. Include food costs, utilities, alimony, child support payments, and other outstanding loans. Be sure to list them all.
- How do you plan to bring your mortgage payments up to date and keep them current? Itemize the options and choices available. Are you willing to forgo using credit cards for a while? Can other members of the family contribute to income? How do you plan to cut down household costs?

Possible solutions

Several remedies may be available. The bank will probably have the final say about which plan you use—especially if you are reworking the mortgage contract or borrowing more money. Here are some options:

- *Forbearance of principal.* You pay the interest and escrow, which includes tax payments and insurance. This work-out program of three to six months' duration places a moratorium on your basic mortgage. Later, when you can handle them, the principal payments are accelerated.
- *Debt consolidation loan.* If you are under pressure from several lenders, you may be able to consolidate the amounts outstanding into one loan that could stretch from three to five years. Your overall payback would be more because interest rates are high these days; still, you'd be buying some time with lower monthly payments.

Check with other banks, credit unions, or consumer finance companies to compare loan possibilities. But know your lender. Some fly-by-night lenders who advertise "debt consolidation" as an instant cure-all could take you to the cleaners.

- *Mortgage refinancing.* When your income and circumstances warrant, you may be able to renegotiate your mortgage. You'd be paying back considerably more over the long haul, but stretching out the payback period could lower monthly costs. Refinancing also may provide some cash up front to help you catch up on debts across the board. Look at all costs carefully, however; there may be prepayment penalties, fees for a new title search, and other expenses that would cost quite a bit.
- *Second mortgage.* If you have enough equity built into your present mortgage, you may be able to get a second mortgage to help you catch up. This would cost you less overall than refinancing, but the second mortgage must be paid off while you're still handling the first mortgage. True, you'll have the lump sum you borrowed to help you meet those payments for a while, unless you use up all the new loan for other purposes. But the extra costs of a second mortgage may be too much for you to handle unless your financial problems are very temporary.
- *Sale of property.* If all else has failed, your lender may recommend to you that you sell your property. Then you may be able to walk away with some of the equity that you have paid into your house.

Other help

Check with HUD if you have a VA or FHA mortgage. Also, United Fund agencies, credit unions, labor unions, and some religious organizations may provide guidance—usually for little or no fee. Contact the National Foundation for Consumer Credit, 1819 H Street N.W., Washington, DC 20006 for the address of its local counseling service, too.

—Harvey Harris

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GF GENERAL FOODS

Margaret McMahon

idea NOTEBOOK



New antiques

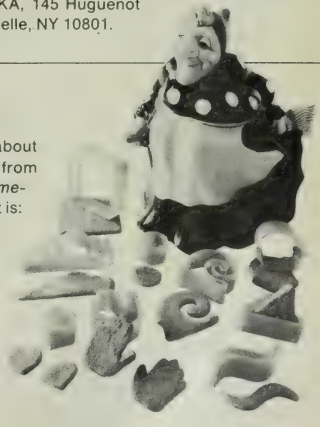
The versatile country style of decorating has caught the imagination of many Americans. A firm that specializes in the more rustic aspects of this look, Habersham Plantation, offers charming adaptations of primitive colonial American designs including furniture and accessories. All furniture is solid pine, cherry, or oak, is hand carved, and hand finished with only oil and wax. A color catalog is available for $8.50 from Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577.



Total interiors

If you've been to New York City recently, you've probably visited the Big Apple's version of a shopping center, Citicorp, on 54th Street and Lexington Avenue. Dominating a large portion of Citicorp's space is Conran's, an enormous home furnishings supermarket. Here, you can find anything you need for your home—from sofa beds to measuring spoons. The decorating style of this trend-setting store is eclectic with the emphasis on functional contemporary. Conran's has just published its new mail-order catalog which costs $2. Among the store's innovative ideas is a series of Build Your Own Furniture Packs. For $8.95 each (plus $1.10 for mailing) you get plans for making a complete room of living, dining, family, or bedroom furniture. The store will also furnish your entire house through its Housepack program. To order these items, write Conran's, Dept. KA, 145 Huguenot Street, New Rochelle, NY 10801.

Cookie cache and cutters



This black and red kitchen witch might not scare off your in-house cookie thief, but it will store a lot of brown sugar spice cookies! Fitz & Floyd (1371 Round Table, Dallas, TX 75247) makes the jar, and Design Lines (P.O. Box 5419, Grand Central Station, New York, NY 10017) manufactures the amusing plastic cutters in red, blue, white, and yellow. The witch is priced at $40, and the cutters, which make great napkin rings, cost about $3.50 for a package of nine. They are also available in reusable jars of 18 and 36 pieces for about $7 and $14. The recipe, by the way, is from the *Better Homes and Gardens Homemade Cookie Cook Book*—and here it is:

1½ cups butter or margarine, softened
2 cups packed brown sugar
1 egg
4 cups all-purpose flour
2 teaspoons cinnamon
1 teaspoon ground nutmeg
½ teaspoon ground cloves
¼ teaspoon baking soda

continued



Decorate an entire wall for only $20.00!

The Woods Path Gallery welcomes Summer with a bright look for your home at a refreshingly low price of $20.00. Our versatile 5-piece ensemble by Syroco combines in dozens of ways to make your bedroom, bath or foyer spring to life. The carefully reproduced wicker-look mirror and shelf set the stage for the delicately patterned butterflies. Add a plant or bouquet and the look is complete.

For just $20.00 you can create a springtime fresh look that is distinctly yours. Your satisfaction is assured by the Woods Path Gallery, or return the ensemble for a full refund. Welcome Summer—and welcome to the Woods Path Gallery of satisfied customers!

Plate glass mirror:
18¾" x 10"
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3-pc. butterfly set:
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YES! Please rush me _____ #81359-03 5-pc. wicker sets at $20.00 each. Also included is $2.00 (maximum) to cover shipping and handling, no matter how many sets are ordered. I understand I must be completely satisfied. (NY residents add local sales tax)

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Continental U.S. shipments only

continued

idea NOTEBOOK

Cream butter *or* margarine and brown sugar; add egg. Beat till light and fluffy. Stir flour with spices and soda; add to creamed mixture. Mix well. Cover; chill till firm, about 2 hours. On floured surface roll dough to ⅛-inch thickness. Cut into shapes with cookie cutters. Place on an ungreased cookie sheet. Bake in 350° oven 8 to 10 minutes or till lightly browned. Cool 1 to 2 minutes. Remove to wire rack. Cool completely. If desired, decorate with decorator icing. Makes about 6 dozen.



Pottery repeats

Who would have thought that the favorite kitchenware of the 1930s would be reproduced for today's homes? Schmid (55 Pacella Park Drive, Randolph, MA 02368) is now making the Vine pattern and a group of Cottage Pottery based on the well-known designs of depression days. Vine, reproduced from the original molds and entirely hand painted in bold orange, cranberry, and grape, is available in two pitcher sizes and two bowl shapes. Cottage, in soft shades of blue, green, brown, and salmon on a cream surface, includes a teapot, coffeepot, plate, cup and saucer, plus various accessory items. Because it's hand painted, Vine is expensive—the chunky pitcher, for instance, is $73; but Cottage is very reasonable—a teapot is $28.50. Any one of these charming pieces will add a touch of wit and whimsy to a table setting.



FLASH'EM A COPPERTONE TAN

Flash thru summer in a Coppertone tan. There's Coppertone Dark Tanning Oil, Butter, or new Lite Formula Oil, for the fastest, darkest tan. Or Coppertone Suntan Lotion, for a fast, rich tan. And it helps protect against burning. Then there's Coppertone Shade. With extra sunscreen protection for a gradual tan.

Plus, the moisturizers in Coppertone help keep your skin looking young. So this summer flash 'em a Coppertone® tan.



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INTRODUCING THE MISSING INGREDIENT IN READY-MADE COCKTAILS.

TASTE!



Cocktails For Two Distilling Co., Lawrenceburg, In. and Fresno, Ca. © 1980

Let's face it. Over the years, the taste of ready-made cocktails left room for improvement. Well, Cocktails For Two has a surprise: Taste! The same fresh-made, authentic taste you expect in cocktails made by your favorite bartender. Since fresh taste starts with fresh ingredients, we demand the best natural fruits, herbs and spices from around the world.



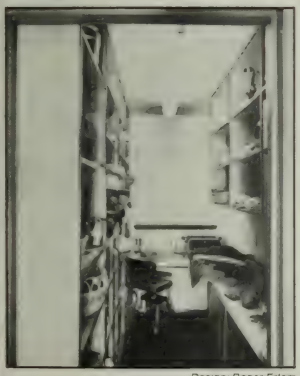
And we insist on mixing with name-brand liquors only. Nothing less than our own imported, world-acclaimed rum, tequila, whiskies, gins and vodkas. After all, a cocktail is only as good as the liquor in it. And to keep our taste fresh, we serve in glass bottles with resealable caps. Everything's already mixed in. Just open, pour and serve 19 flavors in party-size liter, ¾ liter and 2-drink 200 ml sizes. 20 to 40 Proof.

COCKTAILS FOR TWO®

The Name To Look For In Quality Ready-Made Cocktails.

Activate a small space

Who says you don't have space for a handy home office, laundry, or entertainment center? Look around, and you can probably find an expendable closet or wasted wall space that can answer your needs. Here, two small spaces are transformed into functional activity centers.



Design: Roger Erlam

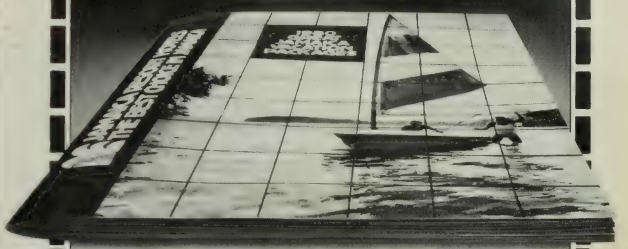
▲ Here, a catchall closet was transformed into an efficient craft area/home office. The closet door was removed to make the narrow niche easily accessible to a nearby family room. Then floor-to-ceiling open shelving was added to store office and sewing supplies. A desk-height laminated shelf under the window provides work space.

▶ An idle wall in this family room was put to use as a hardworking laundry/entertainment center. One side of the built-in wall unit stores the family's washer and dryer. Four wall-hung cabinets above the appliances keep laundry supplies out of children's reach.

Adjacent to the mini-laundry is a well-stocked bar/sink center. Wine is stored in custom-built cubbyholes on either side of the niche. Glassware is displayed above the sink on adjustable shelves, while party supplies are stashed in closed cupboards below.

Folding doors neatly conceal both areas when they're not in use.

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BHG

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Photographs: Fred Lyon. Design: Pennington and Pennington. Field editor: Barbara East Cathcart

We're looking for people to write children's books

Writing for children is the perfect way to take up writing, says the author of 53 children's books. Your ideas come right out of your own experience. And while it's still a challenge, it's probably the straightest possible line between you and publication – if you're qualified to seek the success this rewarding field offers.

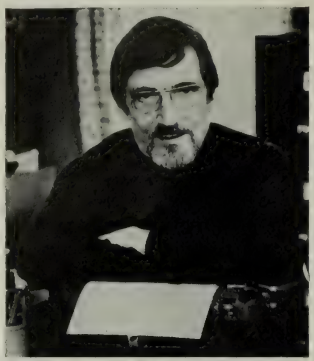
By Alvin Tresselt, Dean of Faculty

If you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin — to break into print — to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching (and 53 books) I can tell you this: you'll go a long way before you find anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and has served on the board of the Author's Guild. His 53 books for young readers have sold over two million copies.

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

'Am I really qualified?'

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own children's books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors — all of whom are experienced writers or editors — work more or less the same way.

When you're ready — at your own time and your own pace — you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would — if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course.

Kathleen Huber, N.Y., N.Y., writes: "Regarding my sale to *Highlights for Children* for $125, it started out as an assignment for The Institute, and *Highlights* was only the second magazine I had sent it to. Certainly your Course made this sale possible. It may be the best investment I ever made."

A.M. Hummel, Danville, Pa., writes "When *Highlights for Children* accepted my short story — Assignment #8 in the Course, and sent me a $65 check, I could hardly believe it! Then, within a week, I got another check and a go-ahead assignment for a second piece."

'I won first prize of $400 for a Course assignment!'

"Before taking your Course (which I checked out with the National Better Business Bureau), the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Oregon.

"My first sale, to *National Catholic Weekly*, was a Course assignment. Then I submitted another Course assignment in a writer's competition and won first prize of $400!"

Free Writing Aptitude Test offered

To find qualified men and women with an aptitude for writing, the Faculty and Consultants of The Institute have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you by our staff.

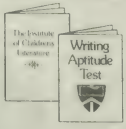
Just mail the coupon at the left to receive your free Test and 24-page illustrated brochure which describes The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll. But that's entirely up to you.

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Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: **E-78**

I am interested in your program to help new writers get started. Please send me your free Writing Aptitude Test and 24-page illustrated brochure. I understand I am under no obligation whatever and no salesman will visit.



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DECORATING

Double-duty room divider

A room divider can do much more than just separate space. In this one-room condominium a built-in wall not only defines living, working, and sleeping space but also provides plenty of room for storage and display.



Photograph: Ross Chapple. Design: Woody Gruber

In the sleep section, the 8x20-foot freestanding divider houses a large, 30-inch-deep closet. Sliding louver doors, painted to match the wall, glide on tracks for easy access to hanging garments and stackable clothing.

A four-foot-high wall perpendicular to the divider creates the perfect niche for a handy home office. Three adjustable shelves recessed into the room divider offer ample storage space for books and office supplies.



Field editor: Eileen A. Deymier

On the flip side of the wall divider, there's plenty of display space for books, collectibles, and a treasured quilt. Adjustable shelves accommodate stereo speakers and albums.

The divider is painted to contrast with the walls, providing a showcase for a collection of antique furniture and weather vanes.

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That cheers every home, office and owner. A Glanimal collectible from Goebel, in clear or mat finish glass sparks a smile wherever it goes.

$18.00. For the name of a store near you and a copy of the complete Goebel Glanimal brochure, send 50¢ to: Hummelwerk, Dept. GL, 250 Clearbrook Road, Elmsford, N.Y. 10523.

Also available in Canada.

In 1936, newlyweds Fred and Virginia Heckl bought a Faribo wool blanket. 43 years later, it caused a problem.

It seems the bedding wore out. So we sent new bedding and Mrs. Heckl sent back this letter. "The Faribo blanket I will put the new bedding on was purchased in 1936 at Marshall Field. Through repeated washings, the blanket looks and still is great."

Virginia M. Heckl
Calumet City, Illinois

How old is your Faribo blanket?

Faribo BLANKETS

Tell us the story of your faithful old Faribo in 100 words or less and mail it to:
Faribo Blankets
Faribault, MN 55021

If your Faribo story is accepted, we'll send you a brand new Faribo woolen blanket. Who owns the oldest Faribo? Perhaps you do.

An East-meets-West room

Because of their distinctive yet simple styling, Oriental accessories can enhance almost any room setting. Here, some handsome pieces from the Far East are used to add spice to a contemporary-style room.



Photographs: Bill Helms. Design: The Plummer Company. Field editor: Ruth L. Reiter



▲ To emphasize this room's natural focal point—a massive brick fireplace—four framed Oriental prints are hung above the mantel. Below, a large earthen jug is displayed on the raised hearth.

Other Oriental accents—a large wall-hung painting and patterned sofa pillows—provide color without overpowering the furnishings. Far Eastern influence is also evident in the bird-of-paradise floral arrangement.

◀ On the opposite wall, two Oriental watercolor prints are hung next to an Oriental chest. This asymmetrical arrangement, typical of Far Eastern design, is consistent with the room's informal look. Porcelain plates, grouped on the chest and table, add more color to the room scheme.

ART, REAL ESTATE, GOLD. AND VOLVOS?

There are still a few investments left today that are worth making. And these three people know them when they see them. That's why they all own Volvos.

They not only consider Volvo a safe car to be in; they also consider it a safe place to put their money. Maybe that's because over the last two years the dollar invested in a Volvo has held its value better than the dollar in your pocket.*

Of course if you're shrewd enough to invest in a Volvo, it's unlikely you'll want to turn it over quickly. Because a Volvo is made to last a long time. (The life expectancy of a Volvo is now up to 17.9 years in Sweden.)

And with the money you might save by not buying a new car every few years, you can make another investment as worthwhile as your Volvo. Like art, real estate or gold.



Joseph Eliaroph, art dealer



Ruth Bashow, realestate agent



VOLVO

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*Based on a comparison between the consumer price index for the first 11 months of 1977 vs. 1976 and depreciation of a 2-year old Volvo. © 1978 VOLVO OF AMERICA CORPORATION



Put our Sesame Wheats and Chicken in a Biskit™ together, and you've got a super summer snack! A crunchy sesame and chicken delight that's just right, right by the pool!

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3 cups cubed cantaloupe, honeydew melon, *or* other melon
1½ cups fresh strawberries, sliced *or* fresh raspberries
Toasted shredded coconut

In a chilled mixing bowl stir ice cream to soften. Fold in yogurt. Place in freezer till ready to serve.

To serve spoon melon pieces into sherbet dishes. Top with ice cream mixture, berries, and coconut. Serve immediately. Makes 6 servings.

CHUTNEY CHICKEN SALAD CUPS

If you have large honeydew melons, use a quarter of a melon for each serving—

1 cup mayonnaise *or* salad dressing
½ cup chutney
1 teaspoon salt
¼ teaspoon pepper
1 8-ounce can pineapple slices, drained
3 cups cubed cooked chicken
½ cup water chestnuts, drained and sliced
½ cup chopped cashews
2 cantaloupes *or* small honeydew melons, halved
Leaf lettuce
Whole cashews (optional)

In a small bowl stir together mayonnaise or salad dressing, chutney, salt, and pepper; cover and chill. Cut pineapple into tidbits. In a separate bowl combine pineapple tidbits, chicken, water chestnuts, and chopped cashews. Cover and chill. Before serving time, scoop out melon from shells;

FOOD

Make the most of melons

Of course you know melons are great for breakfast, but maybe you haven't discovered just how versatile they can be. To find out, try our tempting recipes. First, here are some guidelines to help you choose fully ripe melons at the peak of flavor.

Cantaloupes should be oval or fully round with a delicate melon aroma. The seeds should rattle slightly, and the outside color should be yellowish, not greenish gray. Fully ripe honeydew melon should be creamy white to pale yellow. Avoid melons with a green exterior. Casabas should be large and round with a golden exterior that's ridged and furrowed. Santa Claus or Christmas melons look like small watermelons but taste like honeydew melons when ripe. Ripe Persian melons look like flattened cantaloupes but have a yellow exterior and pink meat.

PARADISE MELON

Use a mixture of melons in [illegible] special-occasion dessert—

1 cup vanilla ice cream
1 8-ounce carton lemon, pineapple, peach, or strawberry yogurt



Or put our Sociables® and Swiss Cheese snack crackers together, and head for the patio... because you've got a swiss cheesy, crunchy combination that's as good as the summertime!

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

cube and add to chicken mixture. To serve, line melon shells with leaf lettuce; spoon chicken mixture into shells. Spoon mayonnaise mixture atop. Garnish with whole cashews, if desired. Makes 4 servings.

PORK LOIN ROYALE

A company-special entree—

1 3- to 5-pound boneless pork loin roast
½ teaspoon salt
½ pound bulk pork sausage
1 12-ounce can (1½ cups) apricot nectar
2 tablespoons lemon juice
5 teaspoons cornstarch
2 cups cubed cantaloupe, honeydew melon, *or* other melon (except watermelon)
Melon balls (optional)
Parsley sprigs (optional)

Untie roast; open out flat. Sprinkle the inside surface with salt. Fill with sausage. Reroll roast with sausage inside. Retie roast securely with string. Place roast on a rack in a shallow roasting pan. Insert meat thermometer. Roast in a 325° oven for 1¾ to 2¾ hours or till meat thermometer registers 170°.

In saucepan blend together apricot nectar, lemon juice, and cornstarch. Cook and stir till mixture is thickened and bubbly. Just before serving, stir in melon; cook and stir 2 minutes more. Place roast on a platter. Garnish with parsley and a few melon balls, if desired. Serve sauce with meat. Makes 9 to 15 servings.

Photograph: Dieter





When you put our Vegetable Thins and Wheat Thins® together, you've got a crisp vegetable wheat treat that helps make a picnic taste extra terrific!

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!



We're ready when you are, with more delicious Nabisco Get Togethers! So pick any two and get them together!
(See next page for exciting offer)

GET TOGETHER WITH THE NABISCO SNACK CRACKER FAMILY!

CUISINARTS® PRESENTS THE FINEST FOOD PROCESSOR IN THE WORLD.

AND THE SECOND, AND THE THIRD AND THE..







The Cuisinart DLC-7 food processor has a very efficient, powerful motor. A bigger bowl that lets you do more at one time. Superior blades and discs as standard equipment, including a blade for kneading dough (plus accessory discs that let you prepare dishes that appear to come from the hands of a professional chef).

The DLC-7 is, simply, the best food processor you can buy. (This excludes reference to our CFP-500 Triomphe, which is practical only for the cook with a large family or for one who often gives large dinner parties.)

DO YOU NEED A FOOD PROCESSOR AS GOOD AS THE DLC-7?

Perhaps you don't need a food processor with all of the DLC-7's power and capability. That is why Cuisinarts also has other machines that are not as costly. For example, our new DLC-8 costs less, but still provides a larger than standard workbowl, and motor power to match.

In addition, our CFP-9A represents a level of performance, quality and integrity that we believe cannot be found in the food processors of any other make.

A REVOLUTIONARY ACCESSORY.

Each one of our machines (except the CFP-500 Triomphe) has available an accessory that we believe is the most important development in food processors: the Expanded Feed Tube Kit. It allows you to slice many whole onions, tomatoes, oranges, even Idaho potatoes.

FOR MORE INFORMATION.

For more on our food processors, the Expanded Feed Tube Kit or our magazine, "The Pleasures of Cooking" (for those to whom cooking is a joy, a means of expression), write Cuisinarts, Inc., 411 (E) West Putnam Ave., Greenwich, CT 06830.

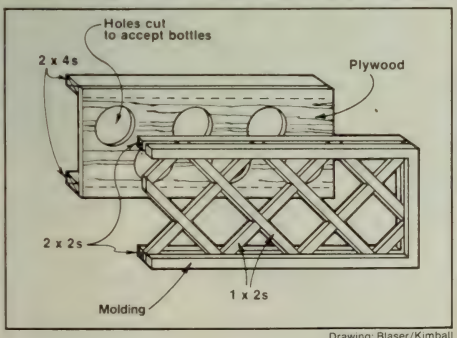
Cuisinart
Food Processor

Safe port for fine wine

Air—and the bacteria it harbors—can quickly turn your cherished wine into very expensive vinegar. The simplest way to keep air out of the bottles is to store them tilted slightly downward, which is just what this handsome storage rack does. And since it fits in the wasted space above wall cabinets, it won't take up room in your kitchen. The rack is intended for wine you plan to use soon because warmth from the kitchen could compromise the quality of the wine.



Photograph: William Hopkins Design: William Preloger, AIA, Nearing and Staats



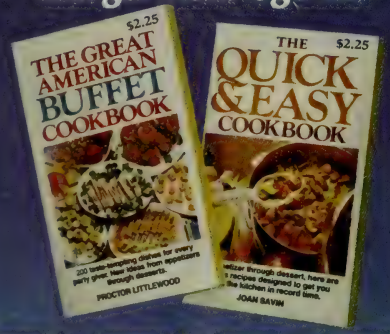
Drawing: Blaser/Kimball

To build this wine rack, you'll have to tear into the soffits above your kitchen cabinets. Since the backs of the cabinets are anchored directly into the wall, you needn't worry about providing them with more support. Rip out the false front of the soffit and nail two 2x4 spacers along the back wall. Then cut round holes for the wine bottles into the plywood back and nail it to the spacers. (Be sure to finish the plywood before you attach it.) Anchor the 2x2 frame in place, nail the 1x2 grid to the front of it, and finish off the rack with decorative molding. The wine bottles are actually supported by the plywood back; the neck of each bottle rests in the diamond-shaped openings.

NABISCO

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Limit: One order per family. Allow 4-6 weeks for delivery. Offer void where prohibited, taxed or restricted by law. **OFFER EXPIRES OCTOBER 15, 1980.**

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Choosing a Grandfather Clock

Grandfather clocks, today's counterparts of the long-case clocks made in England during the late 17th century, are more than expensive timepieces. They represent an investment in a fine piece of furniture. That's why it's important to shop around before you purchase a grandfather clock. To help you, here's a rundown on the styles and qualities of today's grandfather clocks, where to find them, and what to look for before you buy.

Where to shop

It's best to visit several stores and compare grandfather clocks made by various manufacturers. The clock you finally buy should be a quality product made by an established manufacturer and sold by a reputable store.

The largest selection of grandfather clocks will probably be found in stores that specialize in clocks. Clock sections in home furnishings and department stores also may offer good, but limited, selections.

Clocks sold by discount stores are usually made by established manufacturers, but the top-of-the-line models usually aren't offered. Some jewelry stores also sell grandfather clocks, but the selection may be small.

Do-it-yourself kits from mail-order catalogs also are available. The materials and directions needed to make a grandfather clock are included with each kit.

Sizes and styles

Today's grandfather clocks are much shorter than the original models made in 17th-century England. The early clocks stood as tall as ten or 12 feet; today's largest grandfather clocks are about 7½ feet in height. Shorter models, generally called grandmother clocks, are less than six feet tall. And *petite* granddaughter clocks are only 4½ feet tall.

Although the size and scale of the clock cabinets have changed, many still echo the design influences of the 17th and 18th centuries. You'll find ornate French-style cases with bombé bases and scrolled tops, solid-looking English and delicate Queen Anne-style cabinets, as well as Early American case designs. Grandfather clock cases also are available in Chinese and contemporary styles.

Price ranges

The highest quality grandfather clocks cost between $4,000 and $7,000. There also are many good clocks in the $500 to $1,000 range in both traditional and contemporary styles. For less than $500, you can buy a small provincial-style clock or a grandmother clock of good quality. Do-it-yourself grandfather clock kits are available for around $200.

Quality checkpoints

Whatever the size, style, or price of a grandfather clock, check it for quality as you would any other fine piece of furniture.

Clock cases—The clock's case and framework should be of solid kiln-dried wood, and in more traditional styles, should be a fine hardwood, such as mahogany, walnut, cherry, or oak. Decorative burl panels or inlays of exotic wood are sometimes used on a grandfather clock cabinet when they're compatible with the case style. Simpler case designs often are made of maple or pine.

The cabinet finish should be lustrous, with the wood grain showing clearly. A cloudy finish is a sign of poor quality.

Check the decorative details. Are carvings, such as shell motifs, pediment rosettes, and designs on the case meticulously hand carved? Are inlays fitted smoothly and carefully? On less costly models, decorative trimmings may be machine stamped or made of molded plastic.

A lacquered wood finish should be smooth and shiny.

Some small clocks are antiqued various colors. If the antiquing process is properly done, the finish will have an aged, but well-cared for, look.

The hardware on the clock should be inconspicuous, so it doesn't detract attention from the shiny weight shells and pendulum. Examine the locks, hinges, and doorknobs to be sure they are carefully crafted and properly attached. The doors should open smoothly and lock securely.

Beveled hand-polished glass insets in the clock case are a sign of quality. Some clocks have removable glass side panels or tops to provide easy access to the clock's mechanism.

Clock movement—Behind the clockface is a complicated system of moving parts, called a movement, that keeps the clock working and activates the chimes.

Almost all the movements used in American-made clocks are imported from West Germany.

The best clocks have key-wind or weight-driven movements. If properly maintained, these mechanisms will function accurately for a century or more. They're easier to repair and longer lasting than battery-operated or electric mechanisms.

Chimes—Almost all floor clocks have the Westminster chime mechanism and a Big Ben gong to toll the hours. Some clocks play one or two additional melodies, such as the Winchester, St. Michael, or Whittington chimes. A few clocks play the Ave Maria chimes.

continued

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continued

Grandfather clock

On clocks with double or triple chimes, you can change the tune by pushing a lever on the clockface. Most chimes can be turned off if they disturb your rest.

When purchasing a grandfather clock, you'll have a choice of tubular or solid rod chimes. The more expensive tubular chimes have an accurate pitch and ring out with full bell-like tones. However, some persons prefer the rich, throaty sound of the solid rod chimes.

The number of chiming tubes or rods varies, according to the number of melodies. Five tubular or eight solid rods will give a single tune; nine tubular or 12 solid rods are needed to create triple chimes.

Listen to the chimes of several clocks. There may be a great difference in the resonance, even of clocks in the same price category.

Weight shells and pendulums—The weight shells and pendulums are solid brass in the best traditional-style clocks, though chrome is used in many contemporary clock designs. Large lyre pendulums are more expensive than regular stick pendulums.

Clock dials—The dial or clockface is another quality indicator. Dials with raised solid brass numerals are found on fine clocks. A few luxury models have gold or silver numerals. Lower priced clocks may have plastic or painted-on numerals.

In addition to the regular dial, most clocks have a rounded half-dial at the top. This half-dial may be a Tempus Fugit dial, which is simply a decorative disk painted with the words Tempus Fugit (Time Flies). Or it may be a moving moon phase dial which makes a complete revolution every lunar month. Once the moon dial is set, it should operate accurately as long as the clock is running. Clocks with a moon dial are more expensive than those with a Tempus Fugit dial.

Arabic or Roman numerals are used on the clock face to indicate the time. Arabic numerals cost about $10 more than the Roman numerals.

Service and care

When you buy your clock, be sure to find out what services are available for installing, maintaining, oiling, cleaning, and repairing it. And ask if the manufacturer maintains service centers nationwide, in case you should move.

Most major clock companies offer a year's guarantee against defective parts and workmanship, but the warranty is invalid if you damage the clock while adjusting or cleaning it.

Most stores will deliver and set up your clock free of charge. Other stores charge a setup fee or provide this service only in a limited area.

If there is no authorized service person in your area, you may have to set up and adjust your clock yourself. Be sure to follow the directions in your owner's manual.

The clock should be installed on a solid, level surface. If the floor is bumpy, sagging, or sloping, you may need to place the clock on a marble slab, with wedges beneath the

continued

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continued

Grandfather clock

slab, to provide a level floor surface. Most clocks have adjustable leveling feet in the base to compensate for minor variations in floors.

Do not attach the pendulum or weights until the clock is placed in the proper location and leveled. The pendulum must be attached correctly or the clock will stop or fail to keep time.

Weights can be heavy, so handle them carefully. Some weights are designed with special hanging fixtures that match up with a particular chain, so a weight cannot be placed improperly. Other weights are marked to indicate correct placement.

Skin oils can tarnish the brass chains, weights, and pendulum. Wear soft white gloves or protect the brass surface with a clean cloth, even when you wind the clock.

Always wind your clock at the same time of day, but never more often than once a week. If it needs winding more frequently, have your clock checked by a repair person.

Before moving a floor clock to another part of the house, remove the weights and pendulum to prevent any damage to the movement or the case. The clock should be leveled again after the move.

In a reasonably dust-free house, your clock should not need cleaning more often than once every three years. But don't clean the clock yourself. Cleaning is a job for a professional and will cost about $100.

You can oil your clock, however, but first consult your dealer or your care manual for directions.

Routine repairs

If the clock is off beat, simply shift the pendulum leader to the right or left until the ticking becomes regular. Some clocks have self-adjusting beats. Others have a beat-adjustment screw that you turn or a balance wheel that you rotate until the beat is regular.

If the clock stops, consult the owner's manual. If everything seems to be in order, put the pendulum into motion. Then if the clock fails to start, call your dealer or repair person.



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The most fuel-efficient wagon built in America.

The 1980 Mercury Zephyr wagon from Lincoln-Mercury.

Now that you know the 1980 Zephyr wagon from Lincoln-Mercury delivers the best gasoline mileage ratings of any wagon built in America, you should also know how good it really is.

STATION WAGON	EPA EST. MPG	EST. HWY. MPG
MERCURY ZEPHYR	(23)	**38**
BUICK CENTURY	(20)	27
OLDS CUTLASS	(20)	27
CHEVY MALIBU	(20)	26
PONTIAC LeMANS	(19)	26
PLYMOUTH VOLARE	(16)	24
DODGE ASPEN	(16)	24
DODGE DIPLOMAT	(16)	23
CHRYSLER LeBARON	(16)	23



You should also know that the 1980 Zephyr wagon is estimated at more miles per gallon than a total of 8 different Datsun and Toyota models, including wagons and sedans.

Of course your mileage can vary, depending on how fast you drive, weather conditions and trip length. Your actual highway mileage will probably be less than estimated, as will California ratings. And these figures exclude other Ford Motor Company products, and should be used for comparison. But compare these official Government EPA mileage ratings to those of any other maker's wagons of the same size, and you'll see that none of them compare to Zephyr. Compare Zephyr's low sticker price to any wagon from Buick, Oldsmobile or Pontiac, and you'll see there's no comparison. Compare Zephyr's generous cargo space with any other wagon in its class, from any other maker, and you'll see there's no comparison. Compare Zephyr's excellent combination of fuel efficiency, comfort and quality and you'll see the Lincoln-Mercury difference. There's just no comparison.



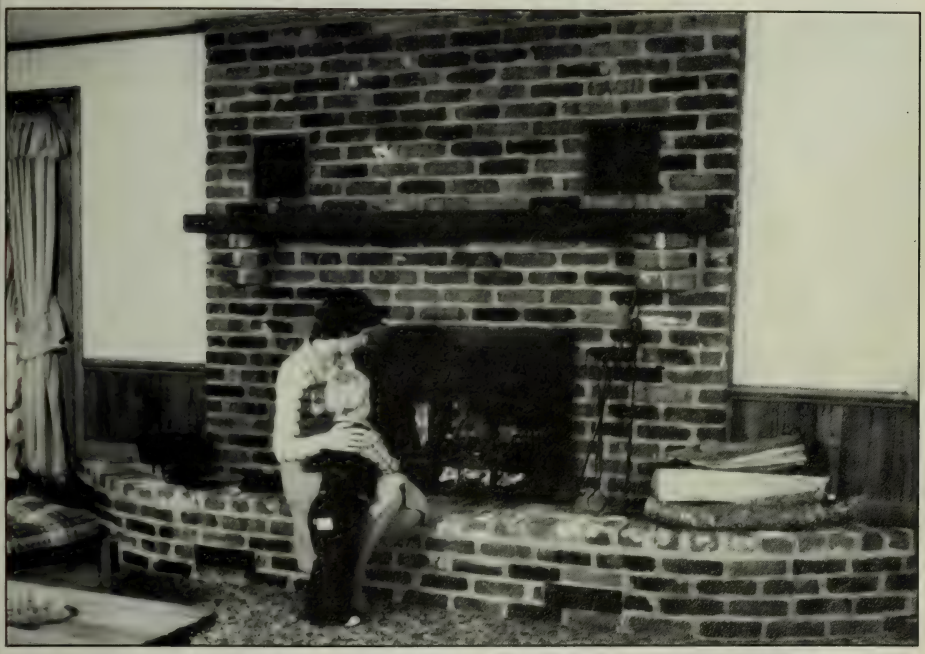
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One of the High Mileage Mercurys.

BUY OR LEASE AT THE SIGN OF THE CAT.



A brick fireplace that really heats

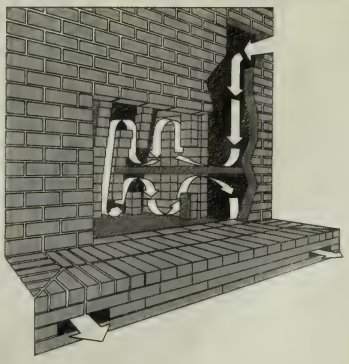
From bitter experience, you may have concluded that masonry fireplaces are "energy wasters." However, a new building method available to your local brick mason may make you change your opinion. The new fireplace design—called Brick-O-Lator—features chambers that recycle some of the heat you used to lose up the chimney.



Two high-level intake fans—one on each side of the fireplace—pull room air into large openings and force it through the chambers *(see drawing)* formed by brick baffles hidden behind the firebrick. After the air is heated, it flows back into the room through registers located in the front or sides of the hearth, near the floor. (In some installations, an additional insulated duct can channel heated air to a nearby room.) The designers of the Brick-O-Lator say that after a fire has burned for an hour, it's capable of raising the temperature of 30-degree air to over 100 degrees.

Outside air (to support combustion) is supplied through an adjustable vent in the floor of the firebox. When used in conjunction with a glass firescreen, the vent can regulate the intensity of the fire.

For more details—and blueprints—of the Brick-O-Lator fireplace, check with your local brick company or building supply dealer, or write the Brick Association of North Carolina, P.O. Box 6305, Greensboro, NC 27405.



A super attic suite

Has the small size or irregular shape of your attic discouraged you from remodeling that dead space? Then let us show you how some smart homeowners turned their unpromising attic into a handsome bedroom suite. Chances are you can pull off a similar transformation, if you develop a complete plan.



Photographs: John Rogers. Designer: Johnson/Chapman & Assoc. Field editors: B. Sims/L. Magazzine

These homeowners needed more room, but they vetoed an addition because adding on might have destroyed the architectural integrity of their 50-year-old home. To get the living space they wanted so much, they decided to remodel the section of the attic at the far left of the house. The area was narrow and steeply peaked, but that didn't deter the homeowners. And as you can see, their optimism was justified.

To orient yourself in the new suite, first find the dormer window at the left of the photo *above*. That's the window you see in the bedroom view *at right*. And the little alcove occupied by the head of the bed is the portion of the attic in front of the dormer. Every inch of space is used efficiently.

Look at the bedroom photo and then imagine doing an about-face. You're now looking toward the rear of the house, down the hallway that runs past a dressing area to a sunken tub, *below*. The hall, flanked by the mirrored doors of two large closets, looks much wider than it really is: only 4½ feet. Mirrors are also used around the 7x3-foot dressing area.





The leaded windows over the tub have been with the house for half a century, but they weren't always located where they are now. They were removed from another part of the house during an earlier remodeling. A new skylight lets additional sunlight into the hallway.

Welcome Home!

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The hardest part of picking one out is turning down the other nine.



We sympathize. At Sheaffer Eaton, we have over 1,000 ways to inspire gratitude. And it took an awful lot of board meetings to narrow it down to the ten you see on this page.

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Our seven-day cruise aboard Song of Norway was fantastic. But it was over too soon. From now on we're going the whole route.

We're taking a 14-day Royal Caribbean cruise to Haiti. Barbados. Antigua. Jamaica. And Caracas down in South America. And we can't wait!

Imagine, a second week of those glorious dinners and irresistible desserts. And the service. We eat out a lot. But we've never had a waiter like Francesco. I wanted to take him home with me.

And I hope that good-looking singer is back to entertain us. I could listen to him sing "Misty" all night.

But then all the entertainers got rousing applause.

You know, we've been on a lot of vacations. All over the world. But we've never been on anything like this cruise. We just want more.

Now the only thing we have to decide is whether to spend next year's two-week vacation aboard Sun Viking or Nordic Prince. Some decision!

Ask a travel agent about a Royal Caribbean cruise. It's the kind of vacation you'll want to take again. And again.



Ships' Registry: Norway

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Royal Caribbean two-week cruises depart Miami year-round. Cost Saving [illegible] Packages available from many major cities. All accommodations subject to prior sale. © Royal Caribbean Tours, Inc. 1980

Discover rock shrimp

If you're fond of shrimp but you shrink at the cost, rock shrimp tails may offer a tasty alternative. They resemble small lobster tails, taste somewhat like a combination of lobster and shrimp—and they generally cost less than regular shrimp. Most often, they're available frozen either as whole tails or split. Rock shrimp tails cook very quickly so watch them closely to avoid overcooking.

Basic preparation

To prepare rock shrimp for cooking: Thaw under cold running water if frozen; this will take about 5 to 10 minutes. Begin removing meat from the whole tails by placing the rock shrimp meat side down. Then, use kitchen shears to cut through top shell by placing one blade of shears in center vein opening and cutting to end of tail. Pull shell off; remove meat. Rinse in cold water to remove the vein. If you use cleaned, presplit tails, omit cutting and just remove the meat.

To cook: In saucepan bring 3 cups *water* and 4 teaspoons *salt* to boiling (enough for 1½ pounds unpeeled rock shrimp tails). Add the peeled and cleaned rock shrimp; simmer 30 to 45 *seconds*. (Cook split tails 25 to 30 *seconds*.) Start timing immediately; don't wait for water to return to boil. Remove from heat; drain. Rinse under cold water 1 to 2 minutes.



Photograph: Dieter

ROCK SHRIMP LINGUINE

If you like, use fettucini or spinach

noodles in place of the linguine—

8 ounces linguine

• • •

1 cup sliced fresh mushrooms
¼ cup sliced green onion
2 cloves garlic, minced
½ cup butter *or* margarine
1½ pounds fresh *or* frozen unpeeled whole rock shrimp tails, cooked, peeled, and cleaned
2 tablespoons snipped parsley
2 tablespoons grated Parmesan cheese
⅛ teaspoon pepper

Cook linguine in a large amount of boiling salted water according to package directions. Meanwhile, in saucepan cook mushrooms, onion, and garlic in butter or margarine till tender but not brown. Add peeled, cooked rock shrimp, parsley, Parmesan, and pepper. Heat through. Drain linguine and toss with rock shrimp mixture. Serve at once. Pass more grated Parmesan, if desired. Makes 4 servings.

LEMON-BROILED ROCK SHRIMP

As soon as the rock shrimp tails turn up under the broiler, remove shrimp from the heat and serve—

1½ pounds fresh *or* frozen unpeeled whole rock shrimp tails

• • •

6 tablespoons butter *or* margarine, melted
¾ teaspoon finely shredded lemon peel
2 tablespoons lemon juice
¼ teaspoon salt
⅛ teaspoon paprika
Several dashes bottled hot pepper sauce

Thaw rock shrimp, if frozen. With meat side up, use a sharp knife to cut through meat but not through the hard shell. Spread shell flat; rinse with cold water to remove vein. (If presplit tails are used, omit cutting and just spread open.)

Place shrimp, meat side up, in shallow baking pan. Combine butter or margarine, lemon peel and juice, salt, paprika, and hot pepper sauce. Brush rock shrimp with some of the mixture. Broil 4 inches from heat about 3 minutes or till tails turn up. Brush with butter mixture again before serving. Makes 4 servings.

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Start with the most powerful mixer on the market today ... and end up with the most versatile, total food preparation machine ever.

Thanks to Thorn Kenwood's ingenious design, 14 separate quick-change attachments are available to perform almost every food preparation task imaginable. The Kenwood Chef slices, dices, shreds, chips, whips, beats, blends, purees, grinds, peels, pits, kneads ... and much more all with exacting professional quality and speed.

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Maximizing a master bedroom

If your bedroom has space to spare, you can make the most of it by creating a multipurpose adult retreat. These homeowners added a comfortable sitting room/study to their master bedroom by mixing living-room-type furniture with typical bedroom pieces.



Photographs: Fred Lyon. Design: Kenneth R. Fehram, Inc. Field editor: Barbara East Cathcart



▲ A pair of love seats right-angled to the wall creates a cozy conversation grouping in a previously idle corner. Adjustable shelves recessed into the wall offer easy access to reading and reference materials, while visually balancing the floor-to-ceiling window. Both the shelves and walls are painted a dark color to highlight the couple's collectibles and family photos.

The small-scale pedestal table and chairs provide a serving spot for midnight snacks and morning coffee.

◀ In the sleeping area, an antique map case placed next to the king-size bed does double duty. It not only houses the homeowner's collection of old maps, but serves as a nightstand as well.

A floral print fabric is repeated throughout the room—in the pleated bed skirt, quilted headboard and pillows, and Roman shades. The large-scale print unifies the design scheme.


Collect Luxor. The famous 100% cotton towel from Martex.

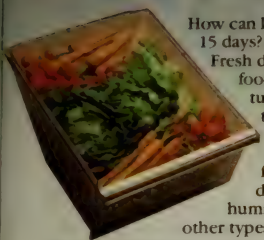
Presenting 15-day-old lettuce.



Presenting the new GE Food Saver that brought it to you.

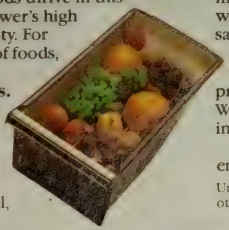


It makes even hard-to-keep food easy to keep.



How can lettuce be this fresh after 15 days? Because our Moist 'n Fresh drawer doesn't just keep foods at the right temperature. It also keeps food at the right humidity. And leafy vegetables and other moisture-loving foods thrive in this drawer's high humidity. For other types of foods, you can change the humidity.

Presenting 15-day-old fruits. Grapes, strawberries, oranges and peaches keep their garden freshness better in the lower humidity of our Cool 'n Fresh drawer. It also has adjustable *temperature* control, so it can be converted for fresh meat storage.



Presenting 15-day-old meat and cheese. This sealed, high humidity drawer gives long life to *unwrapped* meats and cheeses, and uncovered snacks like pudding.

The Food Saver refrigerator is also a money saver. Because it keeps food fresh that normally may have gone to waste. And when you save food, you save money. (And you save the time and effort you spent shopping and preparing the food for your family!) We can't think of a better feature in a refrigerator.



Ask your GE dealer to present you the entire line of Food Saver refrigerators.

Unretouched photographs were taken of lettuce and other foods stored in refrigerator drawers after 15-day test

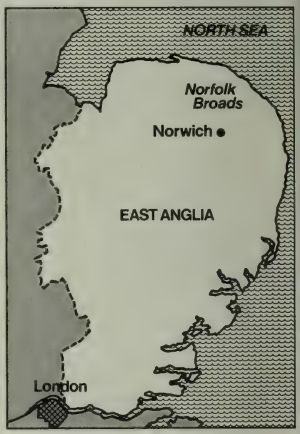
We bring good things to life.

GENERAL ELECTRIC

Norwich:
one of England's best-kept secrets



Browsing Norwich's Elm Hill shops is a favorite pastime. Photograph: British Tourist Authority



After you exhaust London's list of "must see" sights and enjoy the city's exciting pastimes, take a day or two to discover historic Norwich, just two hours northeast of London by train. This enchanting vintage city provides a relaxing change of scene. Here in the heart of England's East Anglia region, you can explore centuries-old reminders of Britain's glorious past—at your own pace. Norwich's storybook medieval structures, along with its friendly residents and genuine Olde English atmosphere, make for a perfect take-it-easy vacation spot.

Tudor treasures

The best way to see this compact city—set amidst a rolling, rural landscape—is on foot. You'll find Norwich's main attractions radiate from the area of the city called Tombland (Saxon for marketplace). Everything lies within a few minutes' walk. Center point in Tombland is the towering spire of Norwich Cathedral, one of the city's 33 churches. Several of the churches are architecturally stunning and have significant pasts.

You'll be awed by the tall Tudor buildings that line the curving, cobbled streets of this well-preserved section of the old city. Make your first stop the Augustine Steward House, home of Norwich's deputy mayor during the 1549 peasants' rebellion. You can pick up a city map, plus tips on accommodations and transportation, in the Tourist Information Centre downstairs.

Just west of Tombland lies Elm Hill, with its gracious Georgian-style homes and antique and curiosity shops that invite browsing. Blackfriars Hall, an imposing, flint-covered monastery from the 13th century, sits at the top of the hill. Take a break at the coffee shop inside.

Castle, museums, and more

You can get a great view of the city and surrounding countryside from Norwich Castle a few blocks south of Tombland. The Castle was once a garrison and prison. Its Museum houses a large art collection and several historical exhibits (open daily, small admission fee).

Nearby, you can view fine costumes and textiles from the 16th to 19th centuries at Strangers Hall; see exhibits of local industries and rural crafts at Bridewell Museum; and enjoy medieval church art, including ancient English alabaster carvings, at St. Peter Hungate Church (all open daily, except Sundays).

You can rub elbows with the locals at a couple of top shopping stops in this area, too: Bridewell Alley (in front of the Museum) and London Street (just up the hill). Along the Alley, you'll find local specialty stores, like Colman's Mustard Shop, Hovell's (basket boutique), and Culpepper (herbalist store). London Street, Norwich's most expensive shopping thoroughfare, offers distinctive jewelry, clothing, and antique buys.

Medieval Guildhall and Market

West of the Castle, the notched, turret-topped walls of the old Guildhall stand guard over the local Market Place, which replaced Tombland as the town's trading center during the Middle Ages. The market's open-air stalls are especially busy Wednesdays and Saturdays. You can chat with flower, vegetable, meat, and fish vendors under the market's gaily colored canvas canopies. Pick up a tasty fish and chips lunch, add some fresh fruit, and stroll over to Norwich Castle Gardens for a leisurely in-town picnic

continued



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GORHAM THE GIFT WORLD

continued

Norwich

lunch in a medieval country setting.

Or take a walk along the River Wensum—which meanders through town—to the Cow Tower, where cattle once were secured in times of danger. The tower is part of a medieval fortifications system, still evident throughout much of the city. The scenic riverbank path leads past Norwich's oldest pub, The Grapes. Drop in for a pint of ale and some neighborly conversation.

Norwich nights

Night life in Norwich can range from a few drinks at the corner pub to an evening of Shakespearean drama. Do as the natives do and pub hop at spots like the Lamb Inn (in the Haymarket at the center of town) or the Dolphin (on Heigham Street). The Dolphin—especially popular with the locals—is housed in a stately stone structure that was once a bishop's palace.

For more sophisticated fun, plan to take in a performance at the Theatre Royal, which hosts the best of English touring companies and numerous musical presentations. (It also has a coffee bar, buffet, and pub snacks.) You can enjoy Shakespearean and classical drama at the Maddermarket Theatre. Both theaters are open year round; buy your tickets at the box offices (from about $2 to $6).

Where to stay and dine

You'll want to spend at least one night in Norwich, and a good base for your stay is the centrally located Maid's Head Inn. This 700-year-old rest stop, built around a beautiful covered courtyard, is reputed to have once hosted Queen Elizabeth I (doubles from $45 a night, including breakfast). Lunch and dinner are served in the hotel dining room, while the old carriage quarters house an attractive pub.

If you want to save money and get acquainted with locals at the same time, choose one of the bed and breakfast guesthouses (known as B and Bs). These private homes offer spare bedrooms to overnight guests (doubles $15 to $20, including breakfast). The Tourist Information Centre has a list of B and Bs and other lodgings (and will

continued



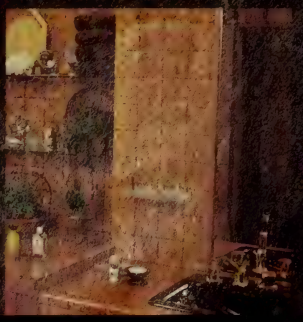
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continued

Norwich

make your reservations for a small fee).

For dining in the best English tradition, try Boswells, where the fare is served in spacious, wood-paneled dining rooms (dinner $8 to $15 a person). You can dine at Tattlers for moderate prices in surroundings reminiscent of an Edwardian boardinghouse. Both establishments are in the Tombland area. Most Norwich restaurants post menus in their windows, so you can check out food and prices in advance.

Around the countryside

If time permits, take an extra day to explore more of East Anglia, including the countryside around Norwich. Bikes and buses are the best ways to go. You can rent bicycles any season from Scott Cruiser, Ltd. (Rent-a-bike) in Norwich (about $3.50 a day, plus an $11.25 returnable deposit). Or check at the Tourist Information Centre for tour and transportation information.

To the northeast lie the Norfolk Broads, a series of shallow lakes that form the water link between Norwich and the North Sea. Cruising the lakes is a favorite activity there. You can rent a launch from one of several boatyards (costs range from about $2.25 per hour to $22.50 per day). Or you can hire a motor cruiser (but the minimum rental usually is at least a week). Some of the boatyards also offer visitors guided water tours.

If you'd like to see more of how the East Anglians live, take a scenic bus or train side trip to the quaint fishing villages, like Sheringham and Cromer, along the rocky harbors of the North Sea. (Be sure to sample some of the delicious, fresh seafood.) Or head east to the Edwardian flavored coastal towns of Lowestoft (the most easterly point in England) and Great Yarmouth. There you can mingle with the locals in seaside cafes and pubs or browse the village shops. Both areas also offer summer theaters and concerts.

For more details on Norwich and a free copy of *East Anglia, the England of your Dreams* (local information) and *Britain on Two Wheels* (bike rentals and tours), write to the British Tourist Authority, 680 Fifth Avenue, New York, NY 10019.



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Exotic appetizers

Here's a delightful way to sample the distinctive foods of other countries. You can enjoy these cosmopolitan hors d'oeuvres before a foreign dinner or as the first course of an all-American meal.



Photographs: Dieter

SEVICHE (Marinated Fish)

This fish appetizer or first course is a favorite in Central and South American cuisines. Surprisingly, the fish is not "cooked" by heat, but by marinating it in a lemon-lime juice mixture. This gives the fish the firm texture and opaque appearance of cooked fish plus a pleasing flavor all its own—

- **8 ounces fresh *or* frozen halibut *or* flounder fillets**
- **¼ cup lemon juice**
- **¼ cup lime juice**
- **½ cup halved cherry tomatoes**
- **⅓ cup chopped red onion**
- **2 tablespoons seeded, chopped canned green chili peppers**
- **1 tablespoon olive *or* cooking oil**
- **¼ teaspoon salt**
- **¼ teaspoon coriander seed, crushed**

Lettuce

Thaw fish, if frozen; cut in ½-inch pieces. In a shallow glass bowl combine fish, lemon juice, and lime juice. Cover and refrigerate 8 hours or overnight till fish is opaque; stir mixture occasionally. Combine tomatoes, onion, chili peppers, olive or cooking oil, salt, coriander, and a dash *pepper*. Stir into fish mixture. Cover and refrigerate 1 hour.

To serve, lift fish and vegetables from marinade with slotted spoon; place atop individual lettuce-lined salad plates. Makes 4 servings.

HUMMUS (Garbanzo Dip)

This traditional Middle Eastern dip features pureed garbanzo beans mixed with sesame seed, garlic, and lemon.

THE SURPRISING CONVECTION





Warm pita (pocket) bread wedges make the perfect dippers—

1 15-ounce can garbanzo beans
2 tablespoons sesame seed
2 tablespoons cooking oil
4 to 6 teaspoons lemon juice
2 teaspoons paprika
1 clove garlic, minced
¼ teaspoon salt
Dash pepper

• • •

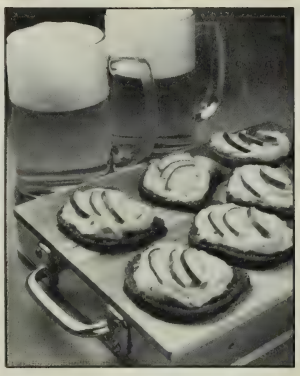
4-inch pita bread rounds, cut in quarters, *or* 6-inch pita bread rounds, cut in sixths

Drain beans, reserving ⅓ cup of the liquid. In blender container or food processor bowl combine garbanzo beans, reserved liquid, sesame seed, cooking oil, lemon juice, paprika, minced garlic, salt, and pepper. Cover; process till smooth. (Stop blender, when necessary, to scrape sides of container with a spatula.) Turn into serving bowl. Serve at room temperature with bread wedges. Makes 1½ cups.

LIPTAUER CHEESE

Hungary is the birthplace of this well-known caraway cheese spread—

1 cup cream-style cottage cheese
¼ cup butter *or* margarine, softened
1 tablespoon chopped drained capers
1 tablespoon Dijon-style mustard
2 teaspoons paprika
1 teaspoon caraway seed
1 teaspoon finely chopped green onion
¼ cup dairy sour cream



Party rye bread

Place cottage cheese in blender container. Cover and process till cheese is smooth. Turn into small bowl; blend in butter or margarine, capers, mustard, paprika, caraway seed, and chopped green onion. Stir in sour cream; cover and chill several hours or overnight. To serve, spread on bread slices. Top each with cucumber wedges, if desired. Makes 1½ cups spread.

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ced-air cooking to enhance the quality of so many foods.
t unlike any other convection oven, it also offers three traditional cooking methods, which means that now you can have convection cooking without compromise.



1

BROIL.

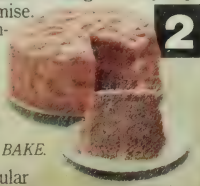
Those four big numbers you see on the dial give you four different choices.
Selection number 1 is for regular broiling.
eaks, fish and certain other dishes still cook
st and look best when top-broiled with
rect radiant heat.
Turn the dial to selection number 2 for regular
king. Often, it's the best way to prepare the delicate dishes, such as souffles, cakes and other desserts.



3

SLOW-COOK.

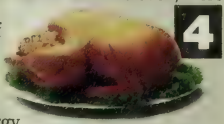
To prepare a full-course meal over a six to eight hour period, turn the dial to number 3, for slow-cook. It cooks all day while the cook is away from the kitchen, yet is remarkably energy-efficient.



2

BAKE.

When you turn the dial to number 4, you have a true convection oven, which uses forced-air for more even, more thorough cooking.



4

CONVECTION.

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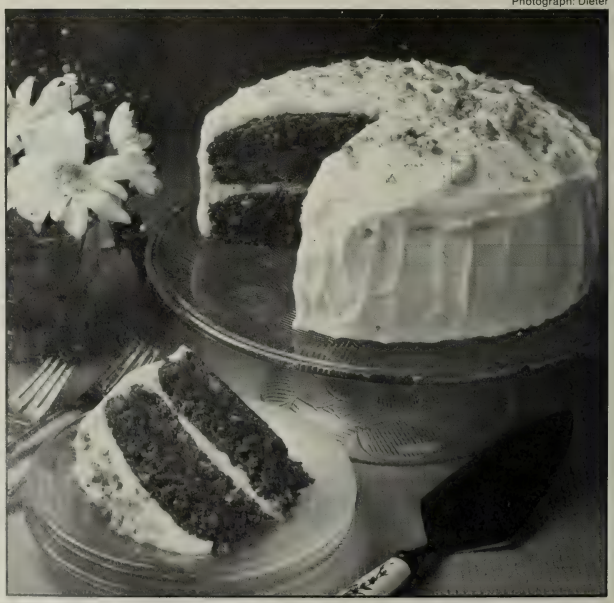
FOOD

Photograph: Dieter

Appliance cooking:

Filbert torte from your food processor

This company-special nut torte is a snap to prepare with your food processor. Use it to finely chop the filberts as well as to mix the cake batter. There's no need to soften the butter for the cake batter either: just cut up the cold butter and process it with the other ingredients.



FILBERT COFFEE TORTE

For a [illegible] start with 1 cup whipping [illegible] half of the whipped cream for the filling and half to dollop on top--

1½ cups whole filberts (9 ounces)
6 tablespoons butter or margarine, cut up
1 cup packed brown sug[illegible]

1 egg
1 tablespoon instant coffee crystals

• • •

1½ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 cup milk

• • •

2 egg yolks
1 5⅓-ounce can (⅔ cup) evaporated milk
⅔ cup granulated sugar
¼ cup butter *or* margarine
2 teaspoons instant coffee crystals
½ teaspoon vanilla
1½ cups whipping cream

To prepare cake: Place steel blade in work bowl of food processor. Process *half* the nuts at a time till very finely chopped (do not overprocess). Remove nuts and set aside.

Using steel blade, process the 6 tablespoons butter or margarine, the brown sugar, whole egg, and the 1 tablespoon coffee crystals till creamy. Stir together the flour, baking soda, and salt. Add to creamed mixture along with milk. Process with 3 or 4 on/off turns just till moistened, scraping bowl as needed.

Add nuts; process with 2 or 3 on/off turns. Turn batter into 2 greased and lightly floured 8x1½-inch round cake pans. Bake in a 350° oven 20 to 25 minutes. Cool in pans 10 minutes. Remove and cool on wire racks.

To prepare filling: In small saucepan beat egg yolks. Add the evaporated milk, granulated sugar, the ¼ cup butter, the 2 teaspoons coffee crystals, and dash *salt*. Cook and stir over medium-low heat till bubbly. Cook and stir 1 minute longer. Remove from heat. Stir in vanilla; cool.

To assemble torte: Whip cream with rotary beater. Split each cake layer in half horizontally to make four thin layers. Place one cake layer on a plate. Spread with *half* of the filling. Top with second layer; spread with *one-third* of the whipped cream. Repeat with another cake layer, the remaining filling, and the remaining cake layer. Frost cake with the remaining whipped cream. Garnish with additional chopped filberts, if desired. Store covered in refrigerator. Cut into thin wedges to serve.

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Next time you're looking for a quality ham, look for the Hormel label. For leanness you can count on, every time.



SWING INTO SUMMER

PROJECTS FOR YOUR BACKYARD, DECK, AND PATIO

By Steven Coulter

Starting here is a collection of ways to liven up your leisure time, right at home. Statistically speaking, we Americans have more leisure time than ever before to indulge in pleasure and rest. But our busy daily schedules often cut these added leisure hours into segments too short for traveling to a lake, or enjoying a picnic in the park.

Here's a solution: center the easy living in your own home. No free hours will be wasted when you can step outdoors and relax on a shady terrace, or sunbathe on your own deck.

First, you'll want to set the scene with landscaping that merges the indoors and outdoors. A well-planned outdoor living room contains all the choicest elements of nature—sky, trees, open spaces, water—grouped for your enjoyment. Functional structures like stained wooden decks and earth-tone brick patios blend with the living plants.



Photograph: de Gennaro. Landscape architect: Jack Smith. Field editor: Pauline Graves

When you daydream about your ideal summer in your own backyard, what comes to mind? A relaxed barbecue with friends, a smashing game of croquet, napping peacefully in a comfortable hammock? Fit your fantasies to your space and budget, and ready your outdoor living area for a summer of good times. Here are 13 adaptable ideas to jog you into action.

For starters, set up a rustic swing, *left*. No convenient tree limb was available here, so the ropes were fastened by sturdy eye hooks to a crossbeam of an overhead shade structure. The 23-by-six-inch seat is a split log with two holes drilled for the ropes.

continued

SWING INTO SUMMER

PROTECT YOUR PRIVACY

However much you like your neighbors, it's important to plan some privacy into your family's outdoor living—and screens are a great way to do it. You can achieve the exact degree of seclusion you want for your backyard, deck, and patio by screening the scene with plants or building materials. And you can also use screening to enhance your landscaping and to divide your property into more usable units for fresh-air living. Here are some projects to help make your yard a private place.



Photograph: Bill Helms. Design: Ireland/Viette Nursery Landscaping. Field editor: Bonnie Maha

Wisteria will eventually cover this lattice arbor, *lower right*, separating a driveway from the backyard. The curved design on the overhang lends a feeling of lightness to the sturdy structure and prevents it from looking boxy or top-heavy.

When you're building an outdoor project like this, you can slash the total cost to the bone by providing your own skills and labor. Join forces with a friend for the heavy jobs. On lighter work, let the children help. They like to be involved as long as the task doesn't seem like drudgery.

The small-scale projects, like benches and tables, can be built in your basement or workshop anytime during the year.



Photograph: Bill Helms. Architect: Bill Johnson. Field editor: Ruth Heiter.



Photograph: William N. Hopkins. Landscape architect: Mary Dolliff. Field editor: Patricia Carpenter.



A handy potting area, *top left,* does double duty as a divider between the driveway and a backyard patio. A discarded kitchen cabinet was recycled to store pots, potting soil, fertilizer, and gardening tools. The area also provides space and shelter for houseplants vacationing outside.

The low-maintenance flooring consists of cement slabs edged on the driveway side with railroad ties. To eliminate upkeep, the redwood six-foot-four-inch-tall framework and cedar fencing were left unfinished. They'll weather naturally to a pleasant gray.

This courtyard, *left,* is an entrance in a town house complex. The fence also works as a screen for a master bath wing. The planters in the background extend under the fence another four feet to the foundation of the house. They provide a planting area inside of the fence that's visible from the master bath.

continued

SWING INTO SUMMER

MAKE ROOM FOR PLANTS

Window boxes and plant racks let you enjoy plants anywhere and everywhere. And a potting area makes container gardening much simpler to manage. When you have a place for everything, and everything is in its place, you won't lose both time and temper looking for misplaced tools.

Keep in mind that planters loaded with soil are fairly heavy, so fasten window boxes securely to the house. You may elect to fill the boxes with individual pots of flowers.

With these eight-inch-deep window boxes, *top right,* snipping fresh herbs is easy.

You can wheel this sturdy plant rack, *right,* into the sun or out, depending on what plants it holds. When winter threatens, roll the cart inside to hold houseplants. For how-to, see page 176.

Most of this six-foot-wide lath potting shed, *opposite,* tucks under a deck. Major gardening supplies are stored in the under-deck section, which is protected from the weather by a tin roof. A four-foot bump-out at the front of the lath house is enclosed with plastic to provide a greenhouse area.

continued





Photograph: de Gennaro. Designer: Jim Davis. Field editor: Pauline Graves



SWING INTO SUMMER

PARTY OUT AT HOME

Dining al fresco lets you enjoy all the sights and sounds of nature. Find space on your patio or deck or balcony for at least a small table and several chairs. Then get a pitcher of your favorite beverage, some tall glasses, and enjoy!

If you're adding a deck or patio, locate it so you have a convenient indoor-outdoor traffic flow. Access from the kitchen or family room is ideal. Size of the addition depends upon the uses you plan and the money you can invest. A 12-foot width is considered minimum.



Photograph: de Gennaro. Design: Gerald L. Garner, ASLA. Source: Elizabeth Gilrain

This eating area, *lower right*, is situated just outside the kitchen door to save steps for both the cook and the cleanup crew. A second-story overhang shelters the 15-foot space.

A five-foot wall provides privacy on the street-side of the patio, and doubles as a protected nook for plants. The easy-care ground cover is potentilla. A large fern softens the stone wall.

The weather-resistant table and canvas-padded chairs stand at the ready.

The area is ideal for movable pots of color. A hanging pot of mixed petunias is suspended from the overhang. A large container combining lobelia, felicia, and white alyssum rests in the right foreground on the patio floor.





Photograph: Fred Lyon. Plant design: Robert's Garden. Field editor: Barbara East Cathcart

In a town house backyard, airy lattice screens the deck, *top left,* from the view of nearby neighbors and also supports hanging baskets of flowering annuals. The hanging moss baskets display petunias, lobelia, alyssum, marigolds, and dwarf zinnias.

The planter boxes and pots also hold an eclectic mix of plant materials and colors. Kitchen herbs fill the strawberry jar at the right of the table.

The deck is compact—11 by 15½ feet—but that's large enough for a dining table that will accommodate two to four people plus a lounge chair.



Design: Ireland Violet Nursery. Field editor: Bonnie Wanarah

An eight-by-ten-foot patch of grass around front is all the yard space this town house has. But in the back, there's this 16-by-24-foot, second-story deck, *left,* above a flat-roofed, single-story structure. The deck is completely private, thanks to a six-foot-tall fence. Built-in storage and seating save space.

continued

SWING INTO SUMMER

BUILD A PLACE FOR PLAY

Solve the "what to do" problem before it starts by providing a play area for your youngsters and their friends. Then you won't need to worry about where your kids have disappeared to.

A play structure creates a magic world for children, and when it's a few feet off the ground, the kids are in the clouds. You can make the structure simple or elaborate, depending on your children's priorities and your available space. Here's how three families added focal points with the children in mind.



Photograph: Ross Chapple. Designer: Richard Bishop. Field editor: Eileen Deymier

Rough-sawn 12-foot-long eight-by-eights form the vertical supports and the angled ladder of this play unit, *lower right*. The crosspieces are 12-foot-long four-by-sixes. Nine 42-inch-long pipes flanked by two 12-foot-long four-by-sixes form the center ladder. The steps of the angled ladder in front are ten 1¼-inch dowels, 18 inches long.

A place to climb and swing attracts children like flowers lure bees.

Strongly braced two-by-fours are the main elements of this jungle gym, *far right*. For design interest, the ¾-inch dowels of the ladder sections extend 1½ inches beyond the side rails. Uprights are attached to two horizontal two-by-fours on the ground.



Photograph: Fred Lyon. Plant design: Robert's Garden. Field editor: Barbara East Cathcart

Photograph: de Gennaro. Designer: T. C. Honikman. Field editor: Dorothy Campbell



When this family with three small children moved from a large rambling house with a two-lot-size garden into an urban town house, their aim was to cut down on maintenance for both the house and the garden. They wanted more time for family weekend outings and other activities. However, they still wanted some garden, plus a place for the youngsters to play.

This compact backyard, *above,* meets all their requirements. The bricked center courtyard was the ideal spot for a tetherball pole, with room for other games and wheel toys.

Vegetables mixed with seasonal flowers fill the raised plant beds that rim the perimeter of the court.



Porch Picnics

By Margaret McMahon and Stacey Smith

A flower-rimmed porch, dappled with sunlight, is an irresistible setting for pretty summer picnics. In this graceful table grouping, antique embroideries accent the timeless elegance of classic flowered china patterns. Glowing silver flatware and shiny crystal that reflects the afternoon sunlight add a lustrous touch of opulence.

China: *(tables center and left)* "Blue Tree" Lenox; *(table right)* "Lowestoft" Adams. Stemware: "Coral Coronation" Sasaki. Sterling: "Romance of the Sea" Wallace. Antique linens: Secret Garden. Photograph: Bradley Olman.

Napkins: "Glen Rose" Peacock Alley. Cranberry crystal basket: Riekes Crisa. Crystal basket: Fenton. Crystal swan: Schmid. China swan: Lenox. Crystal candelabra: Imperial.

Buying information, page 64

WALL COVERINGS

When it comes to creating a can't-miss room scheme, wall coverings are one of the best buys around. No longer considered the "poor man's tapestry," today's cover-ups come in a dazzling array of designs and colors that delight the eye. And most wall coverings are made with the do-it-yourself decorator in mind: They come with coordinated wallpapers and companion fabrics to make decorating decisions easy.

With the wealth of wall coverings available, how do you select the right paper for the right room? We'll help you get the hang of it on these pages. Follow along and we'll show you how only a roll or two can reshape a room, camouflage wounded walls, unify awkward architecture, recycle unsightly furnishings, or turn a nothing wall into a knockout.

ADD INSTANT IMPACT

You can easily turn a characterless wall into a real conversation piece with one of today's whimsical wallpaper murals.

Here, a fool-the-eye wall covering livens up a dark and dreary hallway. The mural, which depicts a British call box, not only disguises a linen closet door, but expands visual space by creating the illusion of a room behind it.

And because wallpaper murals come in all shapes and sizes, you can create a cameo effect in a hallway, like the one shown at *right*, or you can cover a whole wall and give a room a smashing focal point.



Photograph: Mike Dieter. Design: Robert E. Dittmer

Look What They Can Do for a Room!



Photograph: Harry Hartman. Design: Sherrye Henry. Field editor: Bonnie Maharam.

MAXIMIZE MINI-SPACE

You can reshape a space to suit your taste just by choosing the right wall covering. As a rule, dark colors and strong patterns "advance" on a wall surface, making a large room appear smaller and more intimate. Conversely, pale colors and small-scale prints "recede," making a small room seem more spacious.

In this pocket-size bedroom, mini-print paper on the walls and ceiling visually enlarges the small space. The soothing neutral background of the wallpaper gives the room an open, airy look while the small-scale pattern adds the illusion of texture.

To tie the decorating scheme together, the bed's upholstered headboard and box spring were covered in companion fabric. Additional fabric was stitched into a pair of ruffled pillow shams and a softly draped skirt for the circular glass-topped bedside table.



Photograph: Mike Dieter. Design: Davidson's Furniture Showcase. Location: Omaha Symphony Showhouse, Omaha, Neb.

UNIFY AWKWARD ARCHITECTURE

Today's decorative wall coverings and coordinated fabrics can also be used to camouflage cut-up wall space.

In this sitting room, every wall is interrupted by an oddly placed window or door. Unity was achieved by using small-scale floral paper and matching fabric everywhere. The profusion of pattern helps distract the eye from the room's awkward architecture.

To make a wall of closets look like a solid surface, the doors were paneled with paper to match the adjacent wall.

A large window was also deemphasized by dressing it in companion fabric. (The draperies are actually two fabric panels shirred between a pair of stock hardware-store curtain rods and secured to the window frame with shirred self-ties.)

A three-panel mirrored screen behind the chaise longue doubles the impact of the floral pattern.

Buying Information, page 64



Photograph: Feliciano. Design: Ainsley Donaldson. Field editor: Estelle Bond Guralnick

WALLPAPER A FLOOR

Wall-to-wall wallpaper? Why not, when it can cover a floor as handsomely as this. And the wallpaper cover-up is not only decorative, it's durable and easy to care for: you simply dust it lightly with a damp mop.

Before attempting to "wallpaper" a floor, make sure the surface is in mint condition so you'll get the smooth-finished effect you want. Scratches, mars, or wide spacing between wood planks will cause the wall covering to bubble.

If your floor looks less than perfect, you might want to first create a subfloor of tempered hardboard. Lay hardboard sheeting right over your old flooring and secure with drywall screws. To conceal butted joints and keep the floor from cracking, tape seams with joint compound. Prepare the subfloor surface with wallpaper sizer.

Next, apply wallpaper to the floor much as you would to the walls. When the wall covering is dry, spray the floor with four coats of satin-finish polyurethane to seal the surface. (Before applying the polyurethane, test its effects on a wallpaper sample; this sealer contains an amber pigment that may tint the wall covering.)



Photograph: Mike Dieter. Design: Robert E. Dittmer

CREATE ILLUSION

Every room needs a focal point—a magnet for the eye—to keep the decorating scheme from lapsing into monotony. And with today's wallpaper murals, it's easy to give any room an eye-popping personality.

This indoor room was transformed into an "outdoor garden" with no more than a can of paint and several rolls of wall covering. First, walls were painted sky blue to help open up space. Then, what appears to be a three-dimensional screen (actually a wallpaper mural) was installed around one corner of the room and continued onto an adjacent wall. To add to the outdoor effect, greenery was placed in front of the *faux* screen.

For midmorning coffee or mealtime snacks, the room is outfitted with a small table and chairs. The nostalgic Victorian table was recycled with several coats of white lacquer. Bentwood chairs, painted to match, are covered with snappy yellow cushions.



Photograph: Jessie Walker. Design: Robert E. Dittmer

RECYCLE UNFINISHED FURNISHINGS

Wallpaper can cover any or all of the six flat surfaces of a room. Or, when used out of context, a wall covering can deftly disguise unsightly furnishings.

To demonstrate, a smashing focal point for this live-in room was created by wrapping a three-panel plywood screen with a textured grass cloth covering. The screen adds decorative interest to an empty corner and also provides visual relief from the large-scale floral paper on the walls. (We also used the grass cloth to transform a secondhand Parsons-style table.)

To make your own decorative screen, cut ⅛-inch-thick plywood into three 56x18-inch panels and connect them with double-swing hinges.

Cut the wall covering to fit and apply it to the plywood panels. When the paper is dry, spray on polyurethane.

And here's another trick: Use a strip of wallpaper to create a mock chair rail and ceiling molding as shown here.

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Photograph: William Hopkins. Design: Cordy Strand. Field editor: Pat Carpenter

FASHION A FOCAL POINT

Wall coverings don't have to cover every wall surface in a room to be effective. Just a roll or two imaginatively applied to one wall can create all the decorating impact you could desire.

In this family room, a sepia-toned wallpaper mural warms up a large expanse of wall space. The quiet scene is the perfect backdrop for the textured ceiling, mix of mellow old woods, rough-sawn ceiling beams, and traditional furnishings. Surrounding walls were left unpapered and painted a neutral eggshell tone to highlight the *trompe l'oeil* (fool-the-eye) mural.

The beauty of today's wallpaper murals is that they're available in a variety of patterns to suit any decor. You can select a subtle country scene, like the one shown *above*, to background your furnishings. Or, you can choose a giant-size contemporary graphic to provide instant impact or trigger a room scheme.



Photograph: Mike Dieter. Design: UNI/ASID Student Group. Location: Omaha Symphony Showhouse

CAMOUFLAGE WOUNDED WALLS

In this under-the-eaves attic bedroom, the right wall covering not only camouflages a cracked and peeling wall surface, but it emphasizes the room's unique architecture by giving the lofty ceiling a lift.

The selection of the paper was based on a time-tested decorating rule: vertical stripes create the illusion of height, and horizontal stripes offer the illusion of width. Here, the red and white vertically striped wall covering draws the eye upward, emphasizing the room's ten-foot ceiling.

White paint, applied to the ceiling above paper height, draws attention to the room's angular architecture and helps focus on the gracefully arched bed niche.



Photograph: Fred Lyon. Design: Chris Liebenson. Field editor: Helen Heitkamp

UNDERSCORE A MOOD

A wall covering should never dictate the style of a room. Let the furnishings you like and the accessories you choose determine the color and pattern of the wallpaper.

In this family dining area, for example, a mellow mix of country furnishings and collectibles led to the choice of a red and white mini-print paper. The pattern is styled after the small-scale calico and gingham designs found in rural American cottages.

The berry red background of the paper makes the room seem smaller than it is, adding to the room's cozy colonial feeling. The rich red tone also helps highlight the lovely old window moldings, painted white for color contrast.



Photograph: George de Gennaro. Design: Color Design Art. Field editor: Pauline Graves

CREATE ARCHITECTURAL INTEREST

What can you do about a room that's devoid of architectural detail? Create your own with imaginatively applied wallpaper and paint.

To make this builder-home bedroom more interesting, the walls were customized with varisized panels of striped wallpaper. The panels were then framed in stock hardware-store molding painted white for contrast. Blue walls surrounding the panels highlight the add-on architecture.

The placement of the large wallpaper panel also creates a natural "headboard" for the quilt-covered bed. A patchwork coverlet and ruffle-edged pillows add to the room's nostalgic look.

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BARBECUE TIME!

15 SIZZLING NEW RECIPES

By Nancy Byal **Does the word "barbecue" make you think of juicy hamburgers, sizzling steaks, smoked ribs—period? Those golden-brown oldies are delicious, but why limit yourself to the basics? If you follow along, we'll expand your barbecue horizons with these new-as-the-'80s recipes. They're equally suited to a charcoal, gas, or electric grill. Whichever, the results are practically guaranteed to reflect glory on the chef. Refer to our short course (page 120) for a brush-up on barbecue how-to.**

SOMETHING **QUICK**



What can you fix when time is short and you want to serve something fabulous? Take your pick of these easy-to-fix main dishes. For a no-fuss Mexican feast, try **Deviled Steak Tostadas** *(front right)*. Sizzle mustard-seasoned round steak to your liking, then thinly slice and serve the meat and **Avocado Salsa** over toasted tortillas.

Another time, spice up your dinner table with **Moroccan-style Chops** *(front left)*. Arrange the lamb (or pork) chops on a bed of couscous (cooked cracked wheat), accompanied by mixed vegetable and orange slice condiments.

Vegetable-Brat Kabobs *(back left)* let you show off your swordsmanship. The snappy flavor comes from a wine marinade; the bold color, from red peppers and yellow summer squash.

Blend ground meat with savory and wheat germ for summery **Savory Swiss Burgers** *(back right)*. Swiss cheese, tomato, and dainty Danish garden cress (it has a snappy radish-like flavor) accent each burger-in-a-bun.

Recipes begin on page 126.

Buying information, page 64

Photographs: de Gennaro
Food stylist: Mable Hoffman



BARBECUE TIME!



Slow-poke entrees are ideal for entertaining because they require a minimum of checking and tending. That leaves you free to have fun along with your family and friends. **Shrimp-stuffed Beef Roast** *(right)* is a dynamite way to splurge. Use either a beef rib or rump roast to corral the shrimp-crouton stuffing.

Stuffing mix, crushed pineapple, peanuts, sherry, and thyme go together to highlight **Cornish Hens with Pineapple-Corn Bread Stuffing** *(front left)*.

For **Cranberry Leg of Lamb** *(middle left)*, have your butcher bone and slit the roast lengthwise so you can spread it flat and grill it as you would a thick steak. The cranberry brush-on doubles as a glaze and sauce.

Try **Scandinavian Short Ribs** *(back center)* once, and you'll be convinced there's no better way to cook short ribs. Cider, catsup, pickle relish, and spices make a rich basting and serve-with gravy. **Recipes begin on page 126** **Buying information, page 64**

SOMETHING **SLOW**

SOMETHING SPECIAL

Just look at the special-effect barbecues you can produce with the help of some foil, a rotisserie, and a wok! You can wrap up either fresh or frozen fish fillets to make elegant **Capered Fish in Foil** *(front right)*. The shrimp and caper-lavished fish "steams" on the grill while you stir together a sour cream-anchovy topping.

Chutney Spareribs *(front left)* get their extraordinary flavor and stunning sheen from a chutney-chili glaze. For extra pizzazz, line the platter with fig leaves and garnish the ribs with kumquats.

Stir-fry on the grill? You bet. Set your wok directly onto a ring of hot coals, then fast-cook vegetables, pork, and finally pears and cashews to create **Pear and Pork Stir-fry** *(back left)*.

Here's how to give traditional rotisserie chicken a new twist. Baste the bird with not-so-traditional parsley, thyme, and rosemary, and you have delectable **Herb-basted Chicken** *(back right)*. As with all spit-cooking, it's important to secure the birds with holding forks and to test the spit for balance before attaching it to the motor.

Recipes begin on page 126
Buying information, page 54


BARBECUE TIME!

BARBECUE TIME!

SOMETHING **EXTRA**



If your grill-top repertoire stops at main dishes, let our go-alongs, pictured at left, revamp your bill of fare. **Stuffed Tomatoes** *(front left)* house moist stuffing mix, grated Romano cheese, and chopped green onion. Encase the bottom of each tomato in foil to ensure even heating.

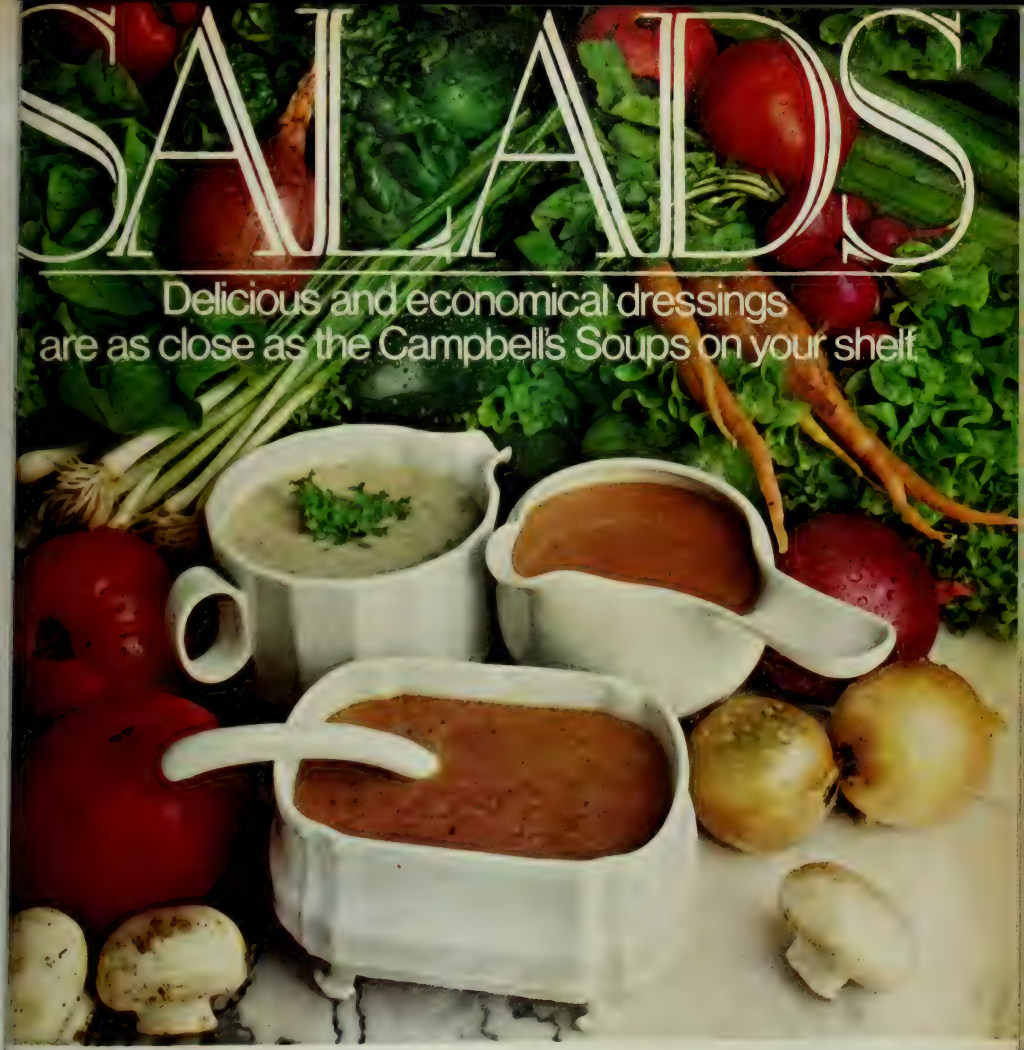
To fix **Monterey Dilled Pumpernickel** *(back),* spread the bread slices with a mixture of cream cheese, Monterey Jack cheese, and dillweed, then heat the bread in foil over the grill.

End your barbecue dinner with skewered specialties. **Peanut-Fruit Dessert Kabobs** *(right)* feature nut-studded pound cake, crab apples, and banana chunks served with crimson crab apple sauce.

Recipes begin on page 126.

SALADS

Delicious and economical dressings
are as close as the Campbell's Soups on your shelf



Mushroom Dressing

1 can Campbell's Cream of Mushroom Soup
¼ cup water
¼ cup tarragon vinegar
½ tablespoons sugar
teaspoon dry mustard
¼ teaspoon celery seed
¼ teaspoon marjoram leaves, crushed
Dash Worcestershire

In saucepan, combine ingredients. Heat; stir occasionally. Chill. Serve with spinach salad. Makes about 1½ cups.

Italian Cheese Dressing

1 can (10¾ ounces) Campbell's Tomato Soup
½ cup salad or olive oil
¼ cup vinegar
¼ cup grated Parmesan cheese
1 teaspoon basil leaves
1 teaspoon oregano leaves
⅛ teaspoon garlic salt

In covered jar or shaker, combine ingredients; chill. Shake well before using. Serve with tossed green salad. Makes about 2 cups.

Zesty French Dressing

1 can (10¾ ounces) Campbell's Tomato Soup
½ cup salad oil
¼ cup vinegar
2 tablespoons sugar
1 tablespoon finely chopped onion
2 teaspoons dry mustard
1 teaspoon salt
¼ teaspoon pepper

In covered jar or shaker, combine ingredients; chill. Shake well before using. Serve with chef's salad or salad greens. Makes about 2 cups.



A world of good salad dressings brought home with Campbell's.

continued

Barbecue time

BARBECUE SHORT COURSE

Here are some pointers that will help you get the most out of your barbecue equipment.

Preparing the firebox

Before firing up the grill, always read the manufacturer's instructions. For a charcoal fire, you may need to provide a foundation. Line the firebox with heavy-duty foil, then top the foil with one inch of pea gravel, coarse grit, or expanded mica insulation pellets. This bedding foundation allows some air to circulate under the briquets so the coals will burn better. It also protects the firebox from the intense heat of the coals, distributes the heat more evenly, and reduces flare-ups by absorbing fat drippings and meat juices.

After you've used the grill about a dozen times, it's time to clean the greasy drippings from the liner. Gravel or grit bedding can be washed, dried thoroughly, and used again. If you've used insulation pellets, discard and replace them with a new supply.

Minimizing briquets

Bigger is not necessarily better when it comes to building a bed of coals. It's unnecessary, for example, to cover the entire grill area to cook a few frankfurters. Estimate the number of briquets you'll need for the size and type of grill, and the amount of food to be grilled. Large, thick cuts of meat require more charcoal than do thin steaks and burgers.

If you'll be barbecuing for more than one hour, you'll need to add extra briquets to the bed of hot coals to maintain a proper cooking temperature. Place a dozen cold briquets around the outer edge of, and just touching, the hot bed of coals. Then, as needed, rake the newly burning coals into the older supply. Or, place a metal bucket or small portable brazier of glowing coals alongside your barbecue and add coals as needed.

Starting charcoal

Pile the number of briquets needed into a pyramid or mound in the center



of the firebox. Drizzle liquid or jelly fire starter over the whole surface of the charcoal. Wait one minute, then ignite with a match. (Never use gasoline or kerosene to start charcoal. Gasoline is much too dangerous, and kerosene adds an unpleasant taste to food.)

Don't start barbecuing too soon; the coals need to burn about 20 to 30 min-

This time, Evelyn did something fantastic for her fruit pie



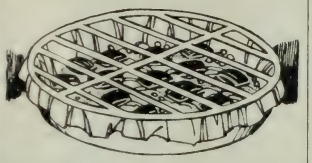
utes. The charcoal is ready for grilling when the briquets die down to a glow and no areas of black show. Live coals look ash gray by day and glow red after dark. But take note: a thin layer of gray ash smothers the coals. You should tap the coals with a rake or long-handled tongs frequently to loosen ashes so the coals can breathe and burn properly.

Instead of using a chemical starter, you can use an electric fire starter. Place the briquets over the coil, plug in the starter, and in five to 15 minutes the coals will be ready. Remove the coil to a heat-proof location, and distribute coals around the firebox to suit the kind of cooking you'll be doing.

Arranging hot coals

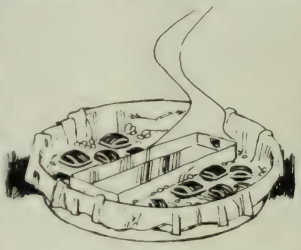
When the coals are ready, use a fire rake or long-handled tongs to spread the coals in a single layer. The arrangement of the coals depends on the kind of grill used and the type of food being grilled.

For barbecuing steaks, chops, and other foods that are grilled flat, rake coals over the entire firebox. Place the

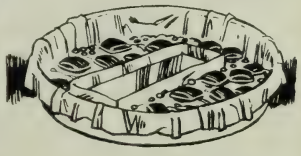


coals about ½ inch apart for even heat.

For covered or hood grilling, make a foil drip pan a little larger than the



meat (see page 122 for steps in making a foil drip pan). Place the drip pan in the center of the firebox and spread out the hot coals on *both sides* of the drip pan. Replace the barbecue grate and set the meat directly over the drip pan.



Lower the hood.

For spit-roasting, use a ring of coals to grill. Make a foil drip pan a little larger than the meat (see page 122 for steps in making a foil drip pan). Once the meat is on the rotisserie and the rod is in place, position the foil drip pan directly under the meat, and then circle the coals in the firebox *completely around* the drip pan.

For grilling kabobs, line up hot coals in parallel rows. Arrange additional coals around the edge of the grill. Stag-

continued

e ran out of flour.

Evelyn had an empty pie crust. The les to fill it, but no more flour.

Fortunately, she remembered the of Argo Corn Starch she always ps on the shelf. Because that's how lyn turned out her fruitiest fruit filling r!

It had no floury taste. Nothing to p the true flavor of the apples from ning through.

We think you'll like Evelyn's new le pie filling. And we also think you'll the difference Argo and Kingsford's ke in sauces, gravies, stews, soups, ddings... That's why we've put ether two king-size splatter-proof ipe cards with wonderful Argo and gsford's dishes on them. And they are urs for the asking.

rgo® and Kingsford's® Corn Starches
e fruitier filling-makers



Evelyn's Apple Pie Filling

¾ cup sugar
1 Tbsp Argo or Kingsford's corn starch
1 tsp ground cinnamon
6 cups sliced, cored, peeled apples
1 Tbsp lemon juice
Pastry for double crust 9" pie
1 Tbsp margarine

Mix first 3 ingredients. Toss with apples and lemon juice. Place in pastry-lined pie plate. Dot with margarine. Cover with top crust. Seal and flute edge; cut slits in top. Bake at 425°F 50 min. until browned.

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continued

Barbecue time

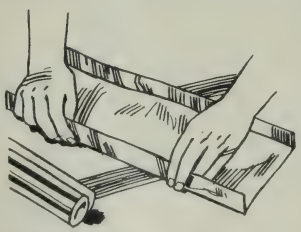
ger the skewers on the grate so that they are directly above the spaces between the briquet rows. This way, you prevent flare-ups because the meat drippings will not drop onto the hot coals.

Using gas or electric grills

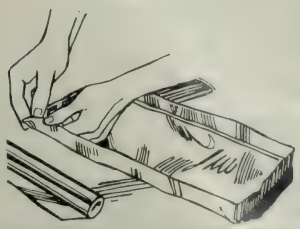
Gas and most electric grills work on the principle of radiant heat. Just turn on the power source, and the long-lasting volcanic pumice or ceramic briquets that are positioned on racks in between the heat source and the grate will heat to the desired temperature. The heat that radiates from the briquets actually cooks the food, producing the same appetizing flavor and appearance that you associate with charcoal barbecuing. Since gas and electric grills differ from one brand to another, be sure to read the manufacturer's instructions for your particular grill model thoroughly before using it.

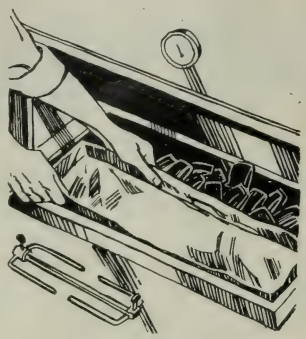
Making a drip pan

Tear off a piece of 18-inch-wide heavy-duty foil so that it's twice the length of your grill; fold it in half crosswise for a double thickness. Turn up all edges of foil to form 1½-inch



edges. Miter the corners securely and





fold the tips toward the inside for added strength. Position the pan in place either before or after you ignite the charcoal. You can recycle the drip pan if you carefully empty and clean it after each use.

Balancing meat on a spit

To mount a boneless roast on a spit, slip one holding fork onto the spit rod, with the tines of the holding fork facing toward the point of the rod. Insert the spit rod lengthwise through the center of the roast. Add the second holding fork with the tines of the fork facing the meat. Then secure the roast on both sides with the forks. Test the balance of the meat by holding one end of the rod in the palm of each hand and turning the rod gently. If the meat flops or turns unevenly, you will need to re-



adjust the holding forks or rotisserie rod as necessary.

Bone-in meat is harder to balance. To offset the bone's weight, insert the rod diagonally into the roast. Adjust the holding forks and test for balance as directed at left.

To mount birds on a spit, place one holding fork on the spit rod with the tines facing toward the point of the rod. Insert the rod lengthwise through the bird. Pinch the fork tines together (see drawing at left); push the fork into the breast. Tie the wings (you'll need about 24 inches of cord for



a chicken): start the cord at the back; loop it around each wing tip. Wrap it around the wing tips again. Tie the



cord securely in the center of the breast. Loop an 18-inch cord around the tail, then loop it around the crossed legs; tie the cord tightly to hold the bird securely. Pull the cords that are attached to wings and legs together

continued



Tropical Icebergs.

Take the sizzle out of a summer heat wave with Tropical Icebergs: luscious tropical fruits topped with a cool and creamy cap of KRAFT Real Mayonnaise blended with ice cream and chopped pineapple.

TROPICAL ICEBERGS

- 2 pineapples
- 1 cup vanilla ice cream, softened
- 1/2 cup KRAFT Real Mayonnaise
- 1 teaspoon rum flavoring
- 1 cup papaya chunks
- 1 cup banana slices
- 1 cup kiwi slices, halved
- 1 cup strawberry halves

Remove crown; cut pineapple in half crosswise, leaving shells intact. Core and chunk fruit. Finely chop 1 cup pineapple; combine with ice cream, mayonnaise and flavoring. Mix well; pour into loaf pan. Freeze.

Combine papaya, banana, kiwi, strawberries and remaining pineapple; toss lightly. Spoon into pineapple shells; top with ice cream mixture. Garnish with toasted coconut, if desired. VARIATION: Substitute cantaloupe and honeydew melon for papaya and kiwi. 4 servings

When it's the mayonnaise that makes it, make it KRAFT.



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Like no other dishwashers can.

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Hobart Corporation, Troy, Ohio 45374

continued

Barbecue time



and tie them together tightly. Push second holding fork onto spit with forks facing bird; secure (see page 122). Secure another bird on spit, if desired.

Testing the hotness of the fire

Hold your hand, palm side down, just above the hot coals at the height the food will be cooking. The number of seconds your hand can comfortably be held over the fire tells you how hot the fire is. Begin counting, "one thousand one, one thousand two." "One thousand two" coals are rated as hot



and are perfect for grilling foods that cook quickly such as steaks, kabobs, and hamburgers. A "one thousand three" fire means that the coals are medium hot; a "one thousand four" fire, medium, and a "one thousand five or six" fire, slow.

continued

The recipe.

ARCTIC MOUSSE
A frozen mousse with a rich, colate taste.

cups graham cracker crumbs
cup sugar
cup Parkay margarine, melted
-oz. jar Kraft marshmallow creme
2 1-oz. squares unsweetened chocolate, melted
1 teaspoon vanilla
2 tablespoons milk
1 cup whipping cream, whipped

Combine crumbs, sugar and margarine; press onto bottom of 8-inch square pan.

Combine marshmallow creme, chocolate and vanilla; mix until well blended. Gradually add milk, blending until smooth. Fold in whipped cream. Pour into pan; freeze. Sprinkle with additional crumbs or garnish with chocolate curls, if desired.

The mousse.



The secret.

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#26

Whenever you wish a sandwich could take a new shape – a good idea is sure to pop up with creamy, smooth Velveeta process cheese spread.

#26 SLOPPY JOSÉS

1 lb. ground beef
1 cup KRAFT Barbecue Sauce
¼ cup chopped green pepper
¼ cup chopped onion
1 8¾ oz. can whole kernel corn, drained
8 taco shells
Shredded lettuce
Chopped tomato
VELVEETA Process Cheese Spread, sliced

Brown meat; drain. Stir in barbecue sauce, green pepper, onion and corn; cover and cook 15 minutes. Cut process cheese spread slices into triangles. Fill heated taco shells with lettuce, meat mixture, tomato and process cheese spread. 8 tacos

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No wonder it's so popular.

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continued

Barbecue time

Adjusting the heat

To reduce heat when grilling, you may raise the barbecue grill top, spread the coals out to dissipate the heat, or move them toward the outside of the firebox and away from the food that is cooking.

To increase heat when grilling, you may simply tap the ashes off the burning coals with tongs, cover the grill top, move the coals closer together, add some reserved hot briquets, or open the vents wider to allow more air to circulate through the grill.

Controlling flare-ups

To reduce flare-ups when meat drippings drop on the coals, space the coals farther apart, or remove a few coals to cut down on the heat. Keep a pump-spray bottle of water handy. You can spray a little water on the flare-ups, but don't soak the coals.

Recycling charcoal

When you're done barbecuing, don't let the briquets just burn. If you're using a covered grill, lower the hood and close the air vents. For an open-type grill, use tongs to transfer hot coals to a metal pail half full of water. Drain and spread charcoal in a single layer onto newspapers to dry. The charcoal must be absolutely dry for you to relight it.

Cleaning up

It's easiest to clean the grate right after barbecuing. Read the manufacturer's care directions before using any cleaning products or abrasives. Fill a sink with hot, sudsy water and put the grill's grate in to soak. Later, it should come clean with a few swipes of a wet cloth.

Here's how to clean a barbecue grate that's too large for the sink. While you eat, place the hot grate on one stack of well-soaked newspapers, then cover with a second stack of wet newspapers. Burned-on food usually "steams" loose so you can wash it right off with a wet cloth.

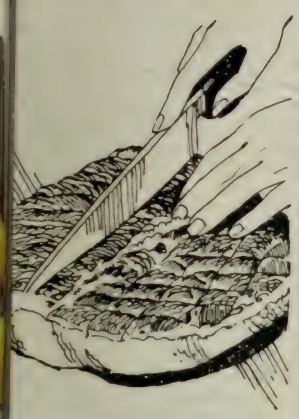
DEVILED STEAK TOSTADOS

The mustard-soy marinade does great things for other kinds of meats, too—

1 2-pound beef round steak, cut 1½ inches thick
¼ cup water
3 tablespoons Dijon-style mustard
2 tablespoons cooking oil
1 tablespoon soy sauce
8 5-inch flour tortillas
Shortening
1 recipe Avocado Salsa

Score meat diagonally on both sides (see page 127); place meat in shallow dish. Combine water, mustard, oil, and soy. Brush mixture on both sides of meat. Let stand at room temperature 1 hour. Rub both sides of tortillas with shortening. Place on baking sheet. Bake in 400° oven for 10 minutes, turning after 5 minutes.

Drain meat, reserving marinade in a saucepan. Grill meat over *medium-hot* coals for 17 to 20 minutes. Turn; grill 17 to 20 minutes more for rare to medium-rare, basting with sauce last 10 to 15 minutes. Meanwhile, heat marinade in small saucepan on grill.



To serve, thinly slice meat across rain. Place meat slices atop crisp tor-illas; spoon extra marinade over. Pass vocado Salsa to spoon over each erving. Garnish with chili peppers, if esired. Makes 8 servings.

To make Avocado Salsa: Combine 1 mall *tomato,* seeded and chopped, 1 or 2 *green chili peppers,* rinsed, seeded, and chopped, 1 tablespoon *sliced green onion,* and ¼ teaspoon *salt.* Combine 1 medium *avocado,* seeded, peeled, and diced, and 1 tablespoon *lemon juice.* Fold into tomato mixture. Cover and chill.

MOROCCAN-STYLE CHOPS

Couscous, a North African cracked wheat product, is available in the cereal and grain or gourmet food sections of large supermarkets—

¾ cup plain yogurt
3 tablespoons orange juice
2 tablespoons sliced green onion
1½ teaspoons ground coriander
¾ teaspoon salt
½ teaspoon ground cumin
½ teaspoon ground cardamom
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground ginger
8 lamp shoulder chops *or* 6 pork rib chops, cut 1 inch thick
1 medium onion, chopped
1 medium tomato, chopped
1 medium cucumber, chopped
½ cup plain yogurt
Hot cooked couscous *or* rice (optional)
Quartered orange slices (optional)

In a small bowl combine the ¾ cup yogurt, the orange juice, onion, coriander, salt, cumin, cardamom, cinnamon, cloves, and ginger. Arrange chops in a shallow dish. Pour yogurt mixture over chops. Cover; marinate in refrigerator overnight. Remove chops from sauce, scraping off as much marinade as possible. Reserve marinade.

Combine onion, tomato, and cucumber; stir in the ½ cup yogurt. Chill.

Grill chops over *medium* coals 12 minutes for lamb or 20 minutes for pork. Turn chops; grill 10 to 12 minutes more for lamb, 15 to 20 minutes more for pork, brushing often with marinade. Keep marinade warm by placing it in a small saucepan on side of grill. *Do not boil.* To serve, transfer chops to platter atop couscous, if desired. Spoon some of the marinade over each chop. Pass chopped vegetable mixture and the oranges. Makes 4 servings of lamb or 6 servings of pork.

continued

Good ideas keep popping up.

Stalking new ways to spark up a bean ilad? Just add the unique taste of reamy, smooth Velveeta process neese spread. It's just one of the many leas that keep popping up.

#39 CATALINA BEAN SALAD

) 16-oz. can kidney beans, drained
) 16-oz. can whole green beans, drained
. lb. VELVEETA Process Cheese Spread, cubed
1 cup onion rings
⅓ cup CATALINA Brand French Dressing
2 tablespoons chopped pimiento

Combine all ingredients; toss ghtly. Chill. 6 servings

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continued

Barbecue time

VEGETABLE-BRAT KABOBS

Marinate the meat and vegetables, then thread on skewers and grill—

8 small boiling onions
2 medium yellow summer squash, cut in 1-inch chunks
½ cup cooking oil
¼ cup white wine vinegar
1 clove garlic, minced
½ teaspoon salt
½ teaspoon dried oregano, crushed
½ teaspoon dried thyme, crushed
Dash pepper
1 pound bratwurst, cut in thirds
2 red *or* green peppers, cut in 1½-inch squares

In large saucepan cook onions, uncovered, in boiling salted water for 10 minutes. Add squash chunks; return to boil. Cook 2 minutes longer. Drain vegetables. In bowl combine oil, vinegar, garlic, salt, oregano, thyme, and pepper. Add squash, bratwurst, and pepper squares. Cover and marinate 6 to 8 hours or overnight in refrigerator, stirring occasionally. Drain, reserving marinade. On four long skewers, alternately thread onions, squash, pepper pieces, and bratwurst. Grill over *medium* coals about 15 minutes, turning and brushing frequently with marinade. Makes 4 servings.

SAVORY SWISS BURGERS

Look for Danish garden cress in specialty produce sections of supermarkets. To use garden cress, just snip the stems close to the growing pad—

1 beaten egg
¼ cup finely chopped onion
¼ cup catsup
3 tablespoons wheat germ
¾ teaspoon salt
½ teaspoon dried savory, crushed
⅛ teaspoon pepper
1 pound ground beef, veal, lamb, *or* pork
4 slices Swiss cheese
4 tomato slices
4 kaiser rolls *or* hamburger buns, split and toasted
Danish garden cress *or* watercress (optional)

In a bowl combine egg, onion, catsup, wheat germ, salt, savory, and pepper. Add ground meat; mix well. Shape into four patties. Grill over *medium-hot* coals for 5 to 6 minutes; turn and grill 4 to 5 minutes more for beef, veal, or lamb (or 6 to 8 minutes more for pork). During last minute of grilling time, place cheese slices and tomato slices atop burgers. Serve patties on rolls; top with garden cress, if desired. Makes 4 servings.

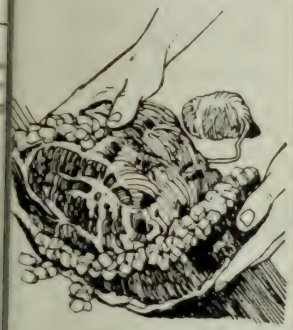
SHRIMP-STUFFED BEEF ROAST

For convenience, use frozen loose-pack precooked shrimp—

½ cup chopped celery
¼ cup snipped chives
2 tablespoons butter *or* margarine
1½ cups chopped, cooked, shelled shrimp
½ cup plain croutons
¼ cup dry white wine
¾ teaspoon finely shredded lemon peel
⅛ teaspoon salt
⅛ teaspoon coarsely cracked pepper

5-pound boneless beef rib *or* rump roast, rolled and tied

Cook celery and chives in butter or rgarine till tender but not brown; in shrimp, croutons, wine, lemon el, salt, and pepper. Unroll roast; read stuffing evenly over roast mp roast may need to be slashed center to allow more room for



uffing). Reroll roast and stuffing to- ther; tie securely with twine. Place *edium* coals on both sides of a foil rip pan. Place roast on grill over drip an. Insert meat thermometer. Lower ill hood. Roast till meat thermom- er registers 140° for medium-rare, bout 2½ to 3 hours. Place on carv- g board. Let stand 15 minutes before arving. Garnish with cooked baby rtichokes and celery leaves, if desired. lakes 12 to 15 servings.

ORNISH HENS WITH PINEAPPLE-ORN BREAD STUFFING

nother time, use pecans in place of eanuts in the stuffing—

cup chopped celery
cup chopped green onion
cup butter *or* margarine
8-ounce can crushed pineapple, drained
cup chopped peanuts
tablespoons dry sherry
teaspoon salt
teaspoon dried thyme, crushed
8-ounce package (2 cups) corn bread stuffing mix
1- to 1¼-pound Cornish game hens
cup butter *or* margarine, melted

In a skillet cook celery and onion in he ¼ cup butter or margarine till

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Just a little touch of honey makes high-fiber HoneyBran cereal from Ralston taste so delicious and so crispy in milk your whole family's gonna love it. Every morning!



tender but not brown. Stir in drained pineapple, peanuts, sherry, salt, and thyme. In a bowl toss mixture lightly with stuffing mix. Rub cavities of hens with *salt*. Skewer neck skin to back. Fill each body cavity with about ⅔ cup of the stuffing; cover opening with foil. Tie legs to tail; twist wing tips under back. Brush hens with the melted butter or margarine. Arrange *medium-hot* coals around edge of grill. Using heavy-duty foil, make a "pan" large enough to hold birds. Center foil pan on grill not directly over coals. Place birds in foil pan, allowing space between each bird. Grill birds 1½ to 1¾ hours or till tender. Brush occasionally with some of the drippings. Garnish platter with cooked pattypan squash filled with peas, if desired. Makes 6 servings.

CRANBERRY LEG OF LAMB

Have the butcher bone the leg of lamb and split it lengthwise. You can use a wire grill basket to keep the meat flat—

1 5- to 6-pound leg of lamb, boned and slit lengthwise

continued

continued

Barbecue time

- 1 16-ounce can whole cranberry sauce
- 1⅓ cups rosé wine
- ¼ cup snipped chives
- ¼ cup honey
- ¼ cup cooking oil
- 2 tablespoons tarragon vinegar
- 4 teaspoons cornstarch
- ¼ teaspoon salt



Spread meat flat like a thick steak. Trim excess fat and fell from meat. Insert two long skewers through meat at right angles, making a cross, *or* place meat in a wire grill basket. (This makes for easy turning of meat and keeps meat from curling during cooking.) Grill over *medium* coals about 1 hour for medium or 1¼ hours for well-done, turning every 15 minutes. Meanwhile, combine cranberry sauce, rosé wine, chives, honey, cooking oil, vinegar, cornstarch, and salt in a saucepan. Cook and stir till thickened and bubbly. Brush meat frequently with cranberry mixture during last 20 minutes of grilling. Heat remaining sauce to serve with lamb. Remove meat from skewers or from basket; place on carving board. Let meat stand 10 to 15 minutes. Cut lamb across grain into thin slices. Spoon some sauce over slices; pass additional sauce. Garnish with parsley and peach wedges, if desired. Serves 8 to 10.

SCANDINAVIAN SHORT RIBS

When barbecue season is past, try the gravy ingredients with a pot roast—

- 4 pounds beef short ribs, cut in serving-size pieces
- ⅓ cup chopped onion
- 1 tablespoon butter *or* margarine

• • •

- 4 teaspoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon dried basil, crushed
- ⅛ teaspoon ground allspice
- Dash ground cloves
- 1 cup apple cider *or* juice
- 1 tablespoon catsup

• • •

- 3 tablespoons pickle relish

In grill place *slow* coals on both sides of a foil drip pan. Place ribs, bone-side down, on grill above drip pan. Lower grill hood. Grill 1½ hours or till done. Meanwhile, in saucepan cook onion in butter or margarine till tender but not brown. Stir in flour, salt, basil, allspice, and cloves. Stir in cider and catsup. Cook and stir till thickened and bubbly. Stir in pickle relish; keep warm. Brush sauce over ribs during the last 20 minutes of grilling. Pass remaining sauce with ribs. Serve with cooked, dilled carrot slices, if desired. Serves 4 or 5.



CAPERED FISH IN FOIL

If you're using frozen fish, let the frozen blocks stand at room temperature for 20 to 30 minutes. Then cut each block into three portions—

Cooking oil
2 pounds fresh *or* 2 16-ounce blocks frozen sole *or* flounder fillets
Salt and pepper
¼ cup chopped green onion
2 tablespoons capers, drained
½ teaspoon dried dillweed
1 6-ounce package frozen cooked tiny shrimp
1 cup dairy sour cream
2 tablespoons dry white wine
2 teaspoons anchovy paste

Brush six 18x12-inch pieces of heavy-duty foil on one side with cooking oil. Divide fish fillets into six servings, placing one serving on oiled side of each foil piece. Sprinkle with salt and pepper. Combine green onion, capers, and dillweed. Divide the frozen shrimp and green onion mixture among the six portions. Fold edges of foil together to form a pouch, leaving space for expansion of steam. Grill over *medium-hot* coals for 10 to 15 minutes for fresh fish, 30 to 35 minutes for frozen fish or till fish flakes easily with a fork. Meanwhile, combine sour cream, wine, and anchovy paste. To serve, remove fish portions from pouch to serving platter; dollop with sour cream mixture. Garnish with curly endive and lemon slices, if desired. Makes 6 servings.

CHUTNEY SPARERIBS

Hot pepper sauce adds pizzazz to the glaze—

1 cup chutney
¼ cup chili sauce
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
1 teaspoon onion salt
1 teaspoon dry mustard
Dash bottled hot pepper sauce
3 to 4 pounds pork spareribs
Salt

Chop any large pieces of chutney. In saucepan combine the chutney, chili sauce, vinegar, Worcestershire sauce, onion salt, mustard, and hot pepper sauce; heat through. Sprinkle ribs with salt. Lace ribs accordion-style on spit; secure with holding forks. Test bal-

continued



Dear Pete,

I've got tough luck when it comes to tender chicken. Any ideas? *—Mrs. Lauren Riggs, West Sedona, Arizona*

Dear Mrs. Riggs,

All you have to do is buy a box of Shake 'n Bake® Seasoned Coating Mix, and your luck will change.

It helps seal in the juices, so your chicken comes out moist and tender.

Bet you'll like my Tender-Lovin' Lemon Chicken. Try it. You've got everything to win, and nothing to lose!

—Pete the Butcher

TENDER-LOVIN' LEMON CHICKEN

Moisten 2-½ pounds cut-up chicken with mixture of 2 tablespoons *each* water and lemon juice. Add 2 teaspoons grated lemon rind to 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken. Coat and bake as directed on package. Makes 4 servings.



Shake 'n Bake®. For chicken that's tender, not tough.



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continued

Barbecue time

ance. In covered grill place *slow* coals on both sides of a foil drip pan. Attach spit; adjust drip pan under meat. Turn on motor; lower grill hood. Grill the ribs over slow coals about 1 hour or till done. During the last 15 minutes of cooking, brush meat with the chutney sauce. Heat remaining sauce to pass with ribs. If desired, serve on ti leaves; garnish with kumquats. Serves 3 or 4.

PEAR AND PORK STIR-FRY

Cover any wooden parts of the wok with several layers of heavy-duty foil—

2 pounds boneless pork
4 teaspoons cornstarch
1 tablespoon brown sugar
1 teaspoon instant chicken bouillon granules
½ teaspoon ground ginger
⅔ cup pear nectar
3 tablespoons soy sauce
1 tablespoon white wine vinegar
2 tablespoons cooking oil
1 medium green pepper, cut in chunks
4 firm large pears, cored and sliced (4 cups)
½ cup cashews

Partially freeze pork; slice thinly into bite-size strips. In small bowl combine cornstarch, brown sugar, bouillon, and ginger. Blend in nectar, soy sauce, and vinegar; set aside. Arrange *hot* coals in a circle the size of the wok's cooking ring in barbecue firebox. Place wok atop coals. Preheat wok; add cooking oil. Stir-fry green pepper in hot oil about 2 minutes. Remove from wok. Stir-fry *half* the pork at a time in hot wok 2 to 3 minutes. Return all pork to wok. Stir soy mixture; add to center of wok. When mixture begins to bubble, cook and stir till thickened and bubbly. Stir in sliced pears, cut green pepper, and cashews. Simmer 3 minutes. Serve at once. Makes 6 to 8 servings.

HERB-BASTED CHICKEN

2 2½- to 3-pound whole broiler-fryer chickens
¼ cup light corn syrup
¼ cup finely chopped onion
2 tablespoons cooking oil
2 tablespoons finely snipped parsley
2 tablespoons vinegar
1 tablespoon snipped fresh thyme *or* 1 teaspoon dried thyme, crushed
1½ teaspoons snipped fresh rosemary, *or* ½ teaspoon dried rosemary, crushed
½ teaspoon salt

Salt chicken cavities. Skewer neck skin to back of chickens. Place one holding fork on spit rod, tines toward point of rod. Pinch tines together. Insert rod lengthwise through one of the chickens, pushing fork into meat. Add a second fork. Pinch tines together and push into breast. For each bird, tie wings, using 24 inches of cord (see how-to, page 122): Start cord at back; loop around each wing tip. Wrap around wings again. Tie in center of breast. Loop an 18-inch cord around tail, then around crossed legs; tie tightly to hold bird securely. Pull cords attached to wings and legs together and tie tightly.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Dream Pie is easy to make because you use Jell-O Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

Repeat with two more forks and remaining chicken. Test balance. Place *medium-hot* coals on both sides of a foil drip pan. Attach spit; adjust drip pan under birds. Turn on motor; lower hood. Grill chickens over medium-hot coals for 1½ to 1¾ hours. Meanwhile, combine remaining ingredients. Brush over chicken during last 30 minutes. Garnish with fresh rosemary and thyme, if desired. Makes 6 to 8 servings.

STUFFED TOMATOES

- **4 large tomatoes**
- **1 cup herb-seasoned stuffing mix**
- **¼ cup grated Romano *or* Parmesan cheese**
- **2 tablespoons sliced green onion**
- **2 tablespoons butter *or* margarine, melted**
- **Dash pepper**

Slice a thin portion off top of each tomato; discard tops. Scoop out pulp from each tomato. Discard seeds; drain and chop pulp. Cut scalloped pattern around top edge of tomatoes, if desired. Invert tomato shells on paper toweling to drain. In a bowl combine the chopped tomato pulp, stuffing mix, cheese, green onion, butter or margarine, and pepper. Lightly salt the tomato shells; fill with stuffing mixture. Wrap bottoms of each tomato in a piece of heavy-duty foil (leave tops open). Grill over *medium-hot* coals about 25 minutes. Garnish with parsley, if desired. Serves 4.

PEANUT-FRUIT DESSERT KABOBS

- **1 16-ounce jar spiced crab apples**
- **¾ teaspoon cornstarch**
- **1 tablespoon raspberry *or* strawberry jelly**
- **½ of a 3-ounce package cream cheese, softened**
- **1 tablespoon honey**
- **¼ of a 10¾-ounce frozen pound cake, thawed and cut in 1-inch cubes**
- **⅓ cup chopped peanuts**
- **1 medium banana, bias-cut in 1-inch chunks**
- **1 tablespoon lemon juice**

Drain crab apples, reserving ¼ cup syrup. For sauce, in small saucepan combine reserved syrup, cornstarch, and jelly. Cook and stir till thickened and bubbly. Keep warm. Stir together the cream cheese and honey. Spread cheese mixture lightly on *two opposite sides* of cake cubes. Coat cheese sides of cake with nuts. Toss banana chunks with lemon juice. Thread cake pieces, banana chunks, and crab apples alternately onto four skewers, placing two of each item on each skewer. Grill over *medium* coals 5 minutes, turning often. Serve with sauce. Serves 4.

MONTEREY DILLED PUMPERNICKEL

- **1 3-ounce package cream cheese, softened**
- **⅓ cup finely shredded Monterey Jack cheese**
- **2 tablespoons snipped parsley**
- **½ teaspoon dried dillweed**
- **½ of a 16-ounce loaf pumpernickel bread, cut in ½-inch slices**

In a bowl combine cream cheese, Jack cheese, parsley, and dill; spread on one side of each bread slice. Reassemble loaf. Wrap loaf loosely in heavy-duty foil; place on edge of grill. Grill over *slow* coals 15 to 20 minutes, turning frequently. Serves 6.



Chocolate Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2¾ cups cold milk
- 1 teaspoon vanilla
- 2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding or any other flavor
- 1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix as directed on package (using 1 cup milk and 1 teaspoon vanilla) in large mixing bowl. Add remaining milk and pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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EACH DELICIOUS SLICE WRAPPED
AMERICAN
PASTEURIZED PROCES
CHEESE FOOD



File under Desserts

Photographs: Dieter

Lemon Desserts

Lemon Pie Hawaiian

This first-place pie is a cross between lemon chiffon and lemon meringue pie—

- 1 8¼-ounce can crushed pineapple, drained
- ¼ cup packed brown sugar
- ¼ cup flaked coconut
- 2 tablespoons butter *or* margarine, softened
- 1 unbaked 9-inch pastry shell
- 1 4-serving-size package *regular* lemon pudding mix
- ½ cup granulated sugar
- 1¾ cups water
- 2 slightly beaten egg yolks
- 2 tablespoons lemon juice
- 1 tablespoon butter *or* margarine
- 2 egg whites
- ¼ cup granulated sugar
- Toasted coconut (optional)

Combine drained pineapple, brown sugar, the ¼ cup coconut, and the 2 tablespoons butter or margarine; spread over bottom of pastry shell. Cover edge of pastry with foil. Bake in 425° oven for 15 minutes, removing foil after first 5 minutes of baking. Cool. Meanwhile, in saucepan combine pudding mix and the ½ cup granulated sugar. Stir in the water and yolks; cook and stir till bubbly. Remove from heat. Stir in lemon juice and the remaining butter. Cover with clear plastic wrap; cool, stirring occasionally. Beat egg whites on high speed of electric mixer to soft peaks; gradually beat in remaining sugar to stiff peaks. Fold whites into cooled filling; pile into pastry shell. Chill at least 4 hours. Garnish with toasted coconut, if desired.

Mrs. Sylvia Watson, Dagsboro, Del.



File under Salads and salad dressings

Buying information, page 64

Whole-Meal Salads

Fruited Chicken Salad

Top honors go to this refreshing salad for a crowd—

- 4 cups diced cooked chicken
- 1 15-ounce can pineapple chunks, drained
- 1 cup chopped celery
- 1 11-ounce can mandarin orange sections, drained
- ½ cup sliced pitted ripe olives
- ½ cup chopped green pepper
- 2 tablespoons grated onion
- 1 cup mayonnaise *or* salad dressing
- 1 tablespoon prepared mustard
- 1 5-ounce can chow mein noodles
- Lettuce leaves

In a large bowl combine cooked chicken, pineapple, celery, oranges, olives, green pepper, and onion. Blend mayonnaise or salad dressing and mustard; toss gently with chicken mixture. Cover and chill several hours. Just before serving, mix in chow mein noodles; turn salad into a lettuce-lined serving bowl. Makes 8 servings.

Mrs. Edna Graham, Portland, Oreg.



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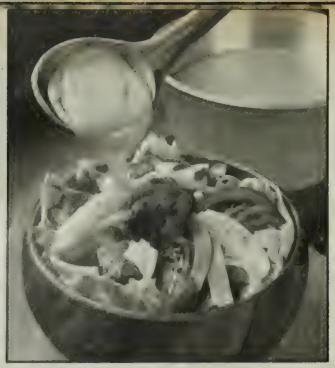
Oriental Luncheon Salad

Rice, bean sprouts, and a soy dressing give this salad a Far Eastern flavor—

2 cups cubed cooked pork
1¼ cups cooked rice
1 cup thinly sliced celery
¾ cup fresh bean sprouts, rinsed and drained, *or* drained canned bean sprouts
½ cup shredded carrot
¼ cup sliced green onion
2 tablespoons chopped green pepper
½ cup French salad dressing
2 tablespoons lemon juice
1 tablespoon soy sauce
½ cup toasted slivered almonds
Romaine leaves

In a large bowl combine pork cubes, cooked rice, celery, bean sprouts, carrot, onion, and green pepper; cover and chill. In a screw-top jar combine the French dressing, lemon juice, and soy sauce. Cover and shake; chill. At serving time shake dressing; toss with salad along with toasted almonds. Serve in romaine-lettuce-lined bowl. Makes 4 or 5 servings.

Mrs. Wm. M. Heidewald, Weed, Calif.



Cheese-Sauced Ham Salad

4 slices bacon
8 ounces chicken livers
4 cups torn lettuce
4 thin slices (4 ounces) boiled ham, cut into bite-sized strips
4 slices (4 ounces) Swiss cheese, cut into bite-sized strips
4 hard-cooked eggs, quartered
2 tomatoes, cut into wedges
¼ cup chopped celery
¼ cup chopped green pepper
1 11-ounce can condensed cheddar cheese soup
¼ cup milk

Cook bacon till crisp; drain, reserving drippings. Crumble bacon; set aside. In reserved drippings cook chicken livers over medium heat about 5 to 10 minutes or till just pink in center. To serve, arrange lettuce in four individual salad bowls. Cut up livers into bite-sized pieces. Divide livers, ham, cheese, eggs, tomatoes, celery, and green pepper equally among salads; sprinkle with bacon. For sauce, heat together soup and milk; pour hot sauce over salads. Makes 4 servings.

Mary D. Palmer, Monroe City, Ind.



French Lemon Ice Cream

Instant lemon pudding mix and lemonade-flavored drink mix provide the convenient base for this lemon dessert—

1 4-serving-size package *instant* lemon pudding mix
¼ cup presweetened lemonade-flavored drink mix
¼ cup sugar
⅛ teaspoon salt
2 cups milk
2 cups light cream
2 eggs

In a large bowl combine the pudding mix, drink mix, sugar, and salt. Gradually blend in milk, stirring till drink mix is completely dissolved. Add cream and eggs; beat 1 minute with rotary beater. Turn into ice cream freezer; freeze according to manufacturer's directions. Makes 1½ quarts.

Mrs. Dorothy Sherwood, Sedona, Ariz.



Lemon Yogurt Pudding Cake

¾ cup sugar
¼ cup all-purpose flour
2 tablespoons butter *or* margarine, melted
1 teaspoon finely shredded lemon peel
¼ cup lemon juice
3 egg yolks
1 8-ounce carton (1 cup) lemon yogurt
½ cup milk
3 stiffly beaten egg whites
Whipped cream

In bowl combine sugar, flour, and a dash *salt;* stir in melted butter, peel, and juice. In another bowl beat egg yolks thoroughly with rotary beater; beat in yogurt and milk. Add to lemon mixture; fold in stiffly beaten egg whites. Pour batter into an ungreased 8x8x2-inch baking pan. Place pan in a larger pan; pour hot water into larger pan to a depth of 1 inch. Bake at 350° 45 to 50 minutes. Serve warm or chilled with whipped cream; sprinkle with finely shredded lemon peel, if desired. Serves 8 or 9.

Mrs. Katie Aeschlemon, Reseda, Calif.

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The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

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each. Selected recipes will be pictured on the Prize Tested Recipes pages next January. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Budget Main Dishes

Your penny-wise recipe should contain adequate protein in the form of meat, fish, poultry, cheese, eggs, nuts, or dry beans. Maybe your low-cost entrée starts with leftover cooked ham, beef, or chicken. Is your main dish pastry-wrapped? Tips: **Oriental burger bake, liver 'n onion-sauced pasta, cheesy bean stew.**

Homemade Salad Dressings

Any original homemade salad dressing recipe is eligible. Is yours based on canned soup, a packaged salad dressing, chili, or spaghetti sauce mix? Do you make a low-calorie dressing for waist-watcher salads? Hints: **curried apple dressing, toasted almond-bacon dressing, hot chili-tomato dressing.**

THIS MONTH'S WINNERS

(See recipes on pages 135 and 136.)

Cooks-of-the-Month

Mrs. Edna Graham, Portland, Ore.
Mrs. Sylvia Watson, Dagsboro, Del.

Runners-up

Mrs. Katie Aeschleman, Reseda, Calif.
Mrs. Wm. M. Heidewald, Weed, Calif.
Mary D. Palmer, Monroe City, Ind.
Mrs. Dorothy Sherwood, Sedona, Ariz.

Honor Roll

Palma Castiglione Baker, Cranbury, N.J.
Deborah A. Cable, Ames, Ia.
Roxanne E. Chan, Albany, Calif.
Anne Dobrinen, Fresno, Calif.
Mrs. Teri L. Getschmann, Walnut Creek, Calif.
Genevieve Mowacki, Longueuil, Quebec
Daniel Pannebaker, Red Bank, N.J.
Mrs. Michael R. Patricelli, Boone, N.C.
Sylvia Signorelli, Strongsville, Ohio
Judith Silver, Laurelton, N.Y.

FOOD

Budget Main Dishes

Homemade Salad Dressings



Do you have a favorite main dish recipe that's easy on your budget? Do you toss your salads with a special homemade dressing? Send us your recipes—you could be a winner next January. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "January Budget Main Dishes" or "January Homemade Salad Dressings."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, June 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8006 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**



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continued

Fix it fast

What you'll need

- 1 12-ounce can luncheon meat (or 1½ cups fully cooked ham)
- 1 8-ounce can pineapple chunks (juice pack)
- Small jar orange marmalade
- 1 3-ounce can chow mein noodles
- Bottled creamy cucumber salad dressing
- Lettuce
- 1 green pepper
- 3 stalks celery
- 1 8-ounce carton cherry (or other flavor) yogurt
- 1 envelope unflavored gelatin
- Sliced almonds (optional)
- (Also be sure to have on hand: granulated sugar, cornstarch, ground ginger, soy sauce, cooking oil, ice, milk, and your desired beverage.)

Kitchen countdown (Total time = 30 minutes)

1. Prepare the yogurt dessert; pour into serving dishes. Top with the sliced almonds, if desired, and chill.
2. Cut lettuce into wedges; place on salad plates.
3. Cut up the vegetables and meat for the entrée. Measure remaining ingredients and set aside.
4. Assemble and cook the entrée.
5. During final heating of the entrée, place some chow mein noodles on platter or individual dinner plates. Pour salad dressing over lettuce.
6. Spoon the entrée over the noodles; pour the beverage.

Cleanup hints

- To clean the blender container, fill it about ⅓ full with lukewarm water and add a little liquid detergent. Cover; blend a few seconds. Then just rinse with clean water and dry.
- To eliminate scrubbing, pour a little hot water into the empty skillet so it can soak during dinner.
- Serve the entrée on individual dinner plates to save on serving platter cleanup.

continued

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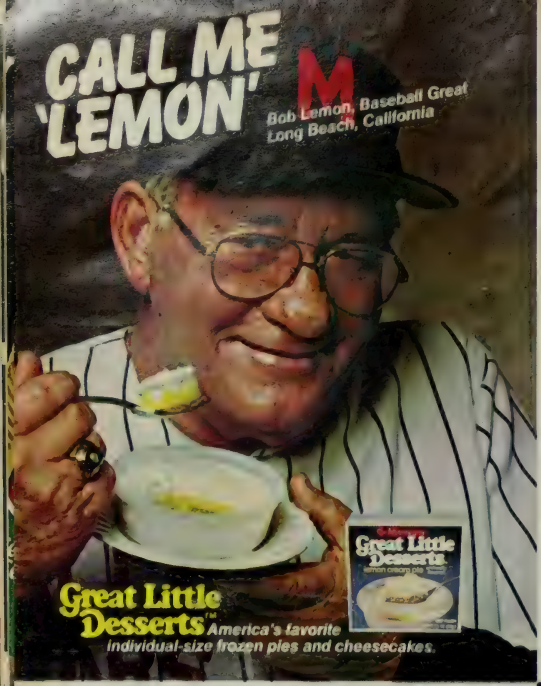
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1 cup sliced celery
¾ cup sliced green pepper
2 tablespoons cooking oil

• • •

1 8-ounce can pineapple chunks (juice pack)
⅓ cup orange marmalade
1 tablespoon cornstarch
1 tablespoon soy sauce
¼ teaspoon ground ginger

• • •

1 3-ounce can chow mein noodles

In 10-inch skillet cook meat strips, celery, and green pepper in hot cooking oil till vegetables are crisp-tender. Meanwhile, drain the pineapple, reserving ⅓ cup of the juice. Combine the reserved juice, the marmalade, cornstarch, soy sauce, and ginger; blend well. Stir into meat mixture in skillet. Cook and stir till mixture is thickened and bubbly. Stir in the pineapple chunks; cook about 2 minutes more or till heated through, stirring occasionally. Serve over chow mein noodles. Makes 4 servings.

Microwave method: In 2-quart casserole micro-cook celery and pepper, covered, in hot oil 4 minutes on HIGH power, stirring once. Stir in meat. Meanwhile, drain pineapple, reserving ⅓ cup juice. Combine reserved juice, marmalade, cornstarch, soy, and ginger; stir into meat mixture. Micro-cook, uncovered, 6 minutes more or till thickened, stirring twice. Stir in pineapple chunks; cook 1½ minutes more or till hot, stirring once. Serve over noodles.

continued

Fix it fast

EASY CHERRY YOGURT PUDDING

Be sure the gelatin and sugar are completely dissolved in the hot milk before adding ice to the blender—

¼ cup sugar
1 envelope unflavored gelatin
½ cup milk
¾ cup drained crushed ice *or* 6 1-inch ice cubes
1 8-ounce carton (1 cup) cherry yogurt
2 tablespoons sliced almonds

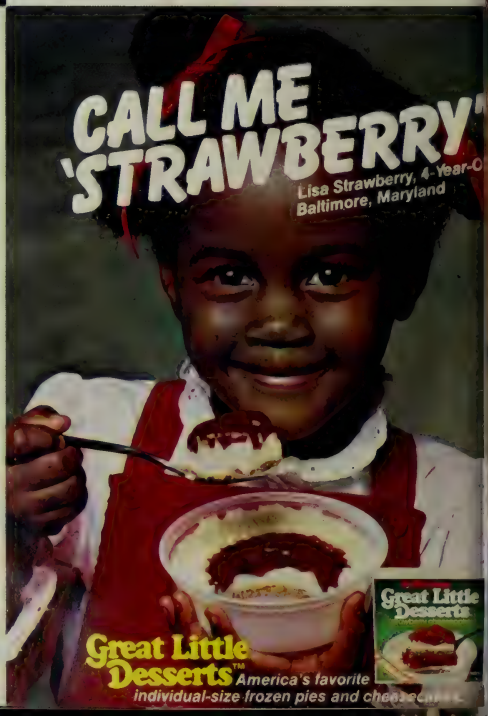
Combine the sugar and unflavored gelatin. In small saucepan heat milk just till boiling. Pour milk into blender container. Add the sugar-gelatin mixture. Cover and blend 2 minutes to dissolve gelatin and sugar. Through hole in lid of blender, add ice with blender running (add cubes one at a time). Blend 1 minute more or till smooth. Add the cherry yogurt and blend just till combined.

Pour mixture into sherbet dishes. Sprinkle pudding with the sliced almonds. Chill during dinner. Makes 4 servings.

SKILLET HAWAIIAN

If you have a food processor, you can save even more time by using it to slice the celery and green pepper—

1 12-ounce can luncheon meat *or* 1½ cups fully cooked ham, cut in strips





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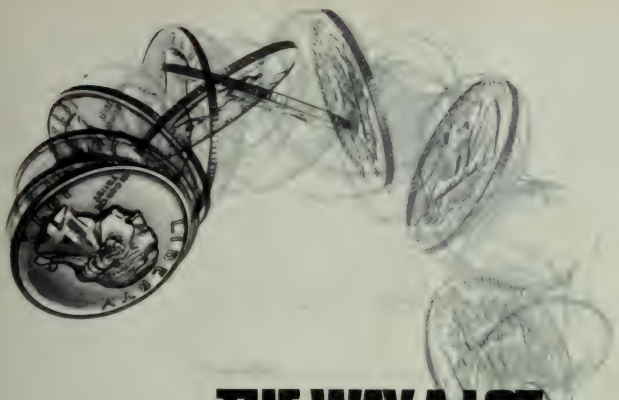
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Judy Nash

A guide to Uncommon Cats

Looking for an unusual easy-care pet the whole family can enjoy? Consider a purebred cat that's a bit less common than the usual Persian or Siamese. Often these somewhat exotic cats combine unique looks with fascinating personalities, which make them especially intriguing pets. Here's a sampling of out-of-the-ordinary felines that will fit right into your family. You can find good pet-quality purebred animals in most parts of the country at prices that start at about $150.

ABYSSINIAN

If you're captivated by exotic-looking wild animals, you'll like their domestic counterpart, the Abyssinian. This lithe feline's ancestors were the cats of ancient Egypt. His wedge-shaped head is topped with large alert ears, and he sports luminous almond-shaped eyes in shades of gold or hazel. Sometimes this cat even paces back and forth like a miniature cougar.

The slender, muscular Abyssinian has a short, dense coat tipped with black (on the Ruddy Abyssinian) or chocolate brown (on the Red Abyssinian). The long-haired variety is called the Somali. The Abyssinian will cozy up to you and lick your face one moment, then retreat and act like an aloof pharaoh the next.

For more information, write to the Abyssinian Cat Club of America, 2425 Ashby Avenue, Berkeley, CA 94705.



Burmese

Abyssinian

BURMESE

The Burmese, a rather stocky, powerfully muscled cat, is the only natural brown cat in the world. This feline's coat is short, fine, sleek, and such a shimmering dark brown color that it looks almost black from a distance. Also unique are the cat's blazing gold round eyes, small round head, snub nose, and curved lip that's earned him the nickname "smiling cat."

The Burmese is a devoted lap cat, snuggling up to you for a nap whenever he can. And unlike many other breeds, this cat jumps from spot to spot rather than climbing, so you'll worry less about snags or scratches in draperies or other furnishings.

Write to the United Burmese Cat Fanciers, 2395 N.E. 185th Street, North Miami, FL 33160.

EGYPTIAN MAU

A more recent arrival on the American cat scene is the Egyptian Mau, the only spotted domestic cat in existence (colored either silver, black smoke, pewter, or bronze). In many ways, the features of the Mau and Abyssinian are similar, including their slightly rounded wedge-shaped heads and light green almond-shaped eyes. But the Mau has a unique coat pattern—black leopard-like spots scattered on white, beige speckles across fawn, or dark brown dots against bronze.

The Mau is a soft-voiced, people-loving little cat that likes other cats, too. But it sometimes takes him a while to warm up to strangers (he is very loyal to his owners). His Egyptian cat cousins are fond of fishing, and this feline also loves water. Don't be startled if your pet takes a notion to jump into the bathtub with you!

For more details, write to Mss. Jill Archibald and Janet Hershey, 7019 Signal Hill Road, Manassas, VA 22110.

continued



Manx



Egyptian Mau



Rex

Himalayan

Photographs: Kuhn Garmon

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continued

Cats

HIMALAYAN

If you like the look of a long-haired Persian and the coloring of a Siamese, you'll delight in a Himalayan. His body is almost a carbon copy of a Persian—a broad, boxy trunk; short, thick legs and tail; and a large head. The Himalayan's round face and wide-set blue eyes give him an angelic expression (and you'll find this cat is as loving as he looks).

Himalayans are light-colored, with darker shading on the face, ears, legs, and tail. Though their coats are easier to comb than coats of most Persians, this cat still needs grooming daily.

Write to The Himalayan Society, 32 E. Center Street, Mohawk, NY 13407.

MANX

The Manx is unique because he doesn't have a tail. But that's not the breed's only distinction. This cat has a short, broad-chested body; a round, solid rump; and an inverted pear-shaped head with wide-set ears.

Manx come in all eye colors and coat colors and patterns, except those of the Himalayan. The cat's short coat is so thick, you can hardly see his skin. A long-haired Manx is called a Cymric.

Show-quality Manx are missing their last spinal vertebra, which causes an indentation at the base of the spine. Since this missing vertebra can cause physical problems, it's safest to buy a "rumpy" Manx that's at least four months old. Or purchase a "stumpy," which has his last vertebra and a rabbit-like tail. This affectionate cat also loves to curl up in your lap.

Write to Manx International, 2275 W. 25th Street, San Pedro, CA 90732.

REX

The Rex is the only feline with a "natural" permanent—a short coat so tightly waved (marcelled) it looks like part of his skin. This unique coat is incredibly soft and sheds very little.

The Rex comes in two varieties and all colors (again, except those of the Himalayan). His body is extremely slender, with a narrow chest and long, fine-boned legs. The Cornish Rex has a "tucked up" abdomen (like a greyhound's), a long, thin tail, and ears that look almost too large for his head. The Devon Rex isn't as fine boned or as slender as the Cornish Rex, and his coat isn't as curly. But both are friendly and love to cuddle to keep warm.

Write to Rex Breeders United, 414 Normandy Drive, Lansing, MI 48906.

Choosing a healthy kitten

Buy a kitten that's at least four months old. Then, inspect the animal for clear eyes; a dry, cool nose; and clean ears. A dry coat, swollen tummy, or protruding hip or backbone can all be signs of health problems. Have the breeder agree in writing that the kitten can be returned for a full refund within a day or two, so your veterinarian can check the animal's health.

A cat show is a good place to get acquainted with purebreds. *Cats Magazine* provides the names and addresses of breeders, along with a calendar of cat shows. (For a year's subscription, send $10.45 to *Cats Magazine*, Subscriptions, Box 83048, Department GHB, Lincoln, NE 68501.)

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Kim Garretson

Good News

Inflatable ice chest



The toughest part of canoeing and camping is lugging all the gear around. That's why this lightweight inflatable ice chest can be a real boon. You inflate it with lung power, and you carry the chest like a duffle bag with the straps provided. There are smaller chests available to protect valuables like camera gear. If your canoe tips over, the chests will float.

Nautilus, about $29.50 (dimensions inflated: holds 48 qts., 36 in. long). O'Conner & You, Inc., 1833-B Hicks Rd., Rolling Meadows, IL 60008.

Fishing and sailing outboard



Fishermen and sailboaters will find useful features on this 4½-horsepower outboard motor. With one hand, you control running speed, idle speed, and instant stops; the other hand is free to fish. In shallow water, the motor tips up at a twist of a knob. A locking device improves the reverse thrust for backing into tight quarters.

Evinrude 4.5-hp Outboard, about $580. Evinrude Motors, P.O. Box 663, Milwaukee, WI 53201.

Smooth-shifting ten-speed bike



If you've never mastered the tricky two-lever gear shifter on a ten-speeder, this bike can ease the chore for you. It has a single-lever shifter that shifts both derailleurs in unison. With one motion, you can select any gear on the dial display before starting out; shift sequentially through the gears while riding; or coast and shift up or down to another gear non-sequentially.

AMF Roadmaster with Quick Shift, about $150 (men's 27-inch Black Gold racer). AMF Wheel Goods Div., P.O. Box 344, Olney, IL 62450.



Lightweight grass trimmer

This gasoline-powered trimmer is a lot more comfortable to operate than conventional models. The engine was especially designed for grass trimming. It has a flat profile and is perfectly balanced with the line-spinning trimmer head, so you can hold the trimmer comfortably close to your body. And to do edging, you don't have to tip the whole tool sideways; you simply turn and lock the shaft to the proper angle.

XR-70, about $160. Weed Eater, 10515 Harwin Dr., Houston, TX 77036.

continued

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Sears experts pay close attention to the details that make custom draperies special. Like blindstitched hems for a smoother appearance, and weighted bottoms for more graceful pleating.

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Available in most larger Sears retail stores.

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continued

Good News

Problem-solving paint



◄ **Do some spots on the exterior of your house regularly peel or crack? This vinyl coating can solve the problem because it dries several times as thick as ordinary paint. The dried coating is elastic so it gives with the contraction and expansion of the substratum.**

Siding in a Can, about $16 (gallon). Hampton Paint Co., P.O. Drawer E, Hampton, VA 23669.

► **A little canvas pouch (not shown) about six inches wide holds this six-in-one camping tool: hammer, shovel, ax, nail puller, saw, and bottle opener. All pieces are made of heavy-duty steel, and the grip is rubber.**

Survival Tool, about $20. Sportsmen's Products Intl., 804 N. Grand Ave., Covina, CA 91724.

Camping tool kit



Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.

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Newest Research Findings: Low tar MERIT 100's preferred over high tar leaders in tests comparing taste and tar levels.

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Smokers Prefer MERIT 100's 3 To 1!
New taste-test results prove it.
Proof: A significant majority of 100's smokers rate MERIT 100's taste as good as —or better than—leading high tar 100's. Even cigarettes having 60% more tar!

Proof: Of the 95% stating a preference, 3 out of 4 smokers chose the MERIT low tar/good taste combination over high tar leaders when tar levels were revealed.

MERIT 100's: Proven Long Term Alternative To High Tar Brands.
New national smoker study results prove it.

Proof: The overwhelming majority of MERIT 100's smokers polled feel they didn't sacrifice taste in switching from high tar cigarettes.



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You've read the results. The conclusion is clearer than ever: MERIT 100's delivers a winning combination of taste and low tar.

A combination that's attracting more and more smokers every day and—more importantly—satisfying them *long term*.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 11 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79

MERIT
Kings & 100's

continued from page 36

Country kitchens

When homeowners remodel a kitchen, they often neglect to put functional storage in "down under" places. To find out how to make the most of your cabinet space, look inside those handsome cabinets in the Sheehan kitchen for three new ideas.



Most sink base cabinets conceal plumbing, disposer parts, and an array of cleaning supplies. This one was made less deep to include two narrow drawers just above the kick space. The drawer on the left holds brown paper bags and instructions for repairing the disposer; the one on the right is just the right size for aluminum foil, plastic wrap, and waxed paper.



Because Barbara Sheehan is a clean counter cook, she didn't want a bulky bread box to gobble up valuable space. To solve the problem, she ordered a hidden bread box—a specially lined deep drawer that holds sandwich bread, crackers, and noodles.

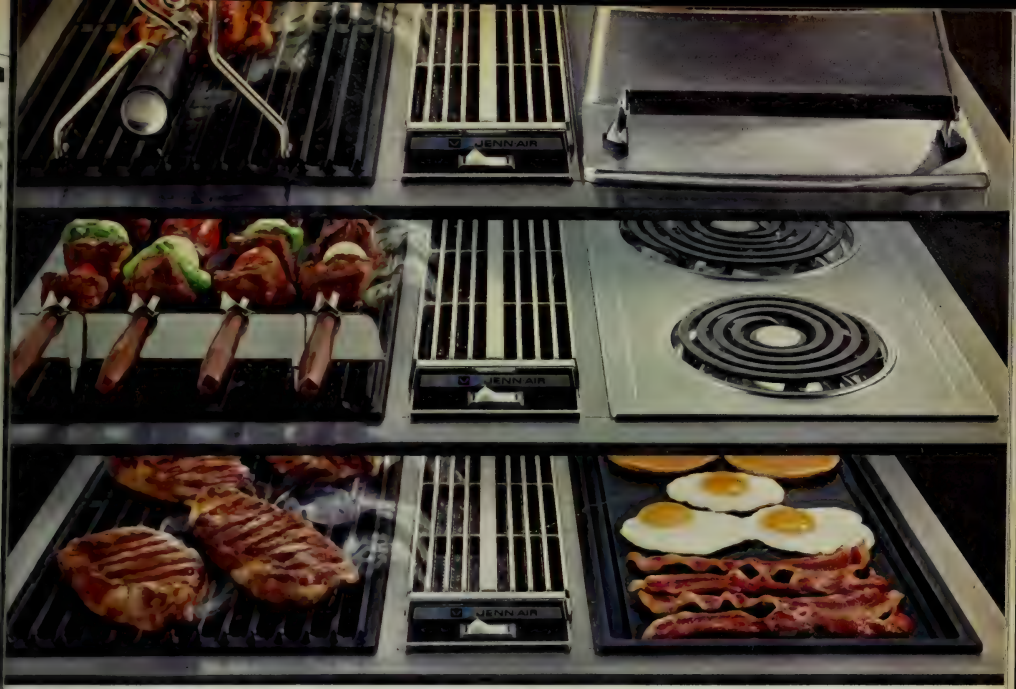
The most common space waster in kitchen cabinets occurs when two banks of cupboards meet in the corner. To make the most of this dead space, the Sheehans' cabinet includes double corner storage that swivels to the front.



Three deep shelves on two doors hold bulky mixer bowls, Bundt cake pans, casseroles, and bread pans. The same storage technique could work well in upper cabinets.

Photographs: William N. Hopkins





The Extraordinary Jenn-Air

It offers 5 interchangeable cooktop units. Char-grill, griddle, deep-fry, shish-kebab and spit-roast, all on top of the range.

The Jenn-Air Grill-Range becomes almost any cooking instrument you want. Plug-in the grill cooktop and have sizzling, char-flavored steaks and chops anytime. Better than broiling because Jenn-Air's rangetop ventilation pulls the flavored smoke over the meat, then whisks it outdoors.

Select the rotisserie and chickens and roasts brown beautifully as they turn. Or choose the shish kebabber and prepare deliciously different meals-on-a skewer. The family-sized griddle makes short work of pancakes, eggs, bacon or sausages. The deep-fryer makes homemade donuts, french fries or batter-dipped fish filets. Rangetop ventilation works to keep your kitchen cleaner and sweeter.

The Jenn-Air Grill-Range also gives you a Convection Oven that cooks up to 50% faster than regular ovens, using hot, circulating air.

For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-4560, or write Jenn-Air Corp., 3035 Shadeland Ave., Indianapolis, IN 46226.



The Jenn-Air Grill-Range.

® A Magnificent Cooking Instrument
Available in Canada



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Like so many other people, you're no doubt aware that the La-Z-Boy® Chair Company builds some of the world's most downright comfortable reclining chairs. But chances are excellent that you're not aware of this: We build some of the world's most beautiful pieces of furniture as well. If that's the case, a visit to one of the thousands of La-Z-Boy dealers across the United States and Canada is certainly in order.

Once there, you'll discover an elegant array of shapes and styles, all of them bearing the name La-Z-Boy.® A surprising choice of fabrics will also present itself: beautiful, durable fabrics that include Antron® nylon and Orlon,® the Beautiful Dependables from Du Pont.

It might also come as a surprise that some of the La-Z-Boy products you'll be inspecting won't be reclining chairs at all. That's because





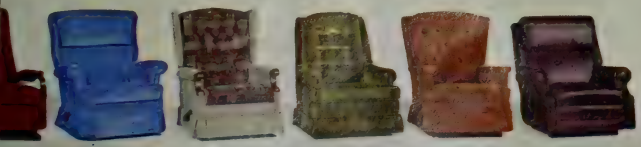
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In addition to tucking neatly near the wall, it's the smoothest, most innovative approach to total comfort since chairs began to move. We wager you'll agree in just one sitting.

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When I say this pocket camera is ready in a flash I mean ready in a flash!

Easy really does it with this Kodak Ektralite 10 camera. It's always ready in a flash. The convenient built-in electronic flash stops the action in clear, sharp pictures. And the camera is pocket-size for your convenience, too.

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Travel/Barbara Humeston

VACATION ADVENTURES ON AMERICA'S WATERWAYS











Photographs: top left, Harry Jarvis; top center, Hal Schell; right, George Bush; bottom left, George Bush; bottom center, Lynwood Mark Rhodes

Five of the country's best vacations afloat include rafting the Yampa and Green Rivers out West *(top left)*, houseboating the California Delta *(top center)*, canoeing the Buffalo River in Arkansas *(right)*, cruising New York's Erie Canal *(bottom left)*, and ferryboating Alaska's Inside Passage *(bottom center)*. These and similar vacation adventures await on waterways coast to coast.

There's no finer family vacationing anywhere than on America's waterways. The country's legendary rivers, vast lakes, sparkling streams, and salty seas that splash the coasts all offer memory-making vacations.

Since scores of outstanding waterways lace the nation, you can vacation almost anywhere you choose. Take a low-budget trip close to home or travel across the country. The possibilities are almost endless.

Vacationing afloat also can be as exciting or as serene as you like. Shoot the rapids on a wild river, paddle a lazy stream, or cruise a scenic shoreline. The sense of freedom and timelessness you'll experience makes it easy to get back in touch with yourself, your family, and the great outdoors. In fact, some of the country's most magnificent scenery—virgin forests to splendid canyons and glistening glaciers—is accessible only by water.

Options on the water

The pages that follow feature five of the country's best vacations afloat. Other adventures on the water wait to be discovered, too. For example:

- Cruise the mighty Mississippi on a paddle-wheeler or a modern riverboat (Delta Queen Steamboat Company, 511 Main Street, Cincinnati, OH 45202). Or take a Mississippi trip in a mini cruise liner (Padelford Packet Boat Co., Inc., Harriet Island, St. Paul, MN 55107).
- Float the Everglades and explore other inland Florida waters as a guest aboard a unique oversized houseboat (Shanty Boat Cruises, Route 14, Box 434C, Fort Myers, FL 33905).
- Sail the Atlantic Coast and inland waters of the East on a mini cruise ship (American Cruise Lines, Haddam, CT 06438; American Canadian Line, Inc., Box 368, Warren, RI 02885).

A handy guide called *Adventure Travel* is loaded with information about a variety of vacations afloat: chartering a yacht and setting sail on your own, following the wind aboard a big multi-masted schooner, and packing up the family and heading for sailing school—to name just a few. Send $9.20 to *Adventure Travel*, 36 East 57th Street, New York, NY 10022.

continued

AMERICA'S WATERWAYS

FERRYBOATING

Alaska's Inside Passage

Southeastern Alaska is one of the most spectacular areas anywhere in the States. And though this region is relatively remote, it can be explored at your own pace aboard ferry liners that ply the Alaska Marine Highway from Seattle, Washington, and from Prince Rupert, British Columbia, north along Alaska's Inside Passage.

Nature's splendid vistas

Magnificent scenery, of course, is the prime reason to travel the Inside Passage, and ferries—with frequent departures and reasonable rates—make this voyage even more tempting. In British Columbia waters, ferries wind through passages backdropped by towering snowcapped peaks. Along the Alaska coast, shimmering waterfalls, glistening glaciers, and cloud-shrouded misty fjords surround you. Birds and water creatures are everywhere.

Though ferries travel the Inside Passage year round, summer is the most popular time to make the trip. Crafts leave Seattle twice a week and four to five times weekly from Prince Rupert (May through September).

Fascinating stops *en route*

The ferries stop at unique port towns and bustling villages, where sampling scrumptious local seafood is a must. Gateway to Southeastern Alaska is picturesque Ketchikan, once a rowdy mining town that's now a lumbering and fishing center. You can view unusual Indian totems at the new Totem Heritage Center there.

Wrangell, the next stop, is a lively timbering town with intriguing Russian and British ancestry. And you're assured a warm welcome in the tidy Norwegian fishing village of Petersburg.

In Sitka, on a gemlike island about midway along the route, you can visit the Sheldon Jackson Museum and St. Michael's Russian Orthodox Cathedral. Historic sight-seeing and shopping are specialties in Juneau, Alaska's capital city. Glacier Bay National Monument makes an awe-inspiring side trip from Juneau. Mendenhall Glacier is right in town.





Photographs: top, Fred and Linda Gray; bottom, Bob and Ira Spring

Splendid scenery and fascinating port stops along Alaska's Inside Passage

The history-rich village of Haines marks the main jumping-off place for travelers heading for interior Alaska by land. Ferries turn around and start back south at Skagway, a colorful gold rush town destined for restoration as part of the new Klondike Gold Rush National Historical Park. You can stroll the boardwalks or ride on a narrow-gage train across White Pass.

It's possible to tour Sitka while your ferry unloads (tour buses meet the ferries when they dock). But plan to stay over at the other stops. Usually there are guided tours or mapped-out walking routes. Check into local boat and airplane tours, too.

Passage particulars

Accommodations along the route range from pleasant hotels and motels (doubles $25 to $50 a night) to rustic cabins, hostels, and campgrounds. Reservations are required in summer. Food prices are high; you can expect to spend up to $20 per person when eating out.

A direct ferry trip to Skagway from Seattle takes three to four days, two days from Prince Rupert or Ketchikan (daily flights from Seattle to Ketchikan via Alaska Airlines and Wien Air Alaska). There's no additional ferry charge for stopovers. Return by ferry or plane, or continue into the Yukon-Alaska heartland by bus, train, plane, or in your own vehicle.

Fares depend upon your departure point, the season, and whether you bring along a vehicle, reserve a stateroom, or carry a backpack and sleep on deck under the stars. The adult rate from Seattle to Skagway runs $109 in summer (half price for children six to 11). A two-berth stateroom costs $77 extra. Prices for transporting vehicles run $374 to $647 (plus passenger fee). Bikes travel free. Fly/drive/ferry packages are available.

Make reservations (several months in advance) if you want a stateroom or plan to travel with a vehicle. Bars and cafeterias operate on main-line ferries (only the *Taku* has a dining room).

For more about ferryboating the Inside Passage and reservations, write Ginger Johnson, Alaska Department of Transportation and Public Facilities, Division of Marine Highway Systems, Pouch R, Juneau, AK 99811. To learn more about communities *en route,* contact chambers of commerce in Juneau, Wrangell, Petersburg, Haines, and Skagway. Write visitors bureaus in Ketchikan and Sitka.

continued

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

AMERICA'S WATERWAYS

HOUSEBOATING

California's Delta

Two great California rivers, the Sacramento and the San Joaquin, tumble down from the High Sierra and form a 1,000-mile labyrinth of waterways called the California Delta. This quiet central California outpost, east of San Francisco Bay, is among the West's best areas for houseboating.

Limitless exploring

You could spend weeks houseboating the Delta, which somewhat resembles the bayou country of the Deep South. Miles of waterways meander through acres of farms and grassland. Slow-moving river tributaries and sloughs are confined by grassy levees.

Lazy exploring is the essence of Delta houseboating. Experienced houseboaters suggest not more than three hours of cruising each day (about 30 miles at ten mph). That way, you'll have time to swim, picnic on the sand, or go berry picking. The Delta's waters are blessed with bass, catfish, and sturgeon. And there are always birds and waterfowl to watch.

Waterside restaurants and night spots add another dimension to Delta vacationing. At many of them, you can cruise right up to the doorstep.

Delta favorites

One splendid course through the Delta takes you northward from Stockton, Bethel Island, or Antioch along the San Joaquin and south fork of the Mokelumne River to Walnut Grove. Anchor at the meadows there. Then return via the north fork of the Mokelumne for an easy three-day outing.

Except in main river channels, traffic is usually light, especially in the lesser known South Delta area. You can claim private hideaways among hundreds of backwater coves and explore scores of tiny islands.

Perfect vacation combination

Houseboating combines getting away from it all with most of the comforts of home. The typical houseboat sports sheltered decks and a sunroof. Most have electricity and running water, kitchen, flush toilet, and shower. You supply food, bedding (sleeping bags are ideal), linens, and towels.





Photographs: top, Tom Myers; bottom, Hal Schell

Sunshine and lazy days on the water in California's picturesque Delta area

No previous boating experience is required to captain a houseboat. Rental firms will brief you and have you on the water in next to no time.

Though summer is the most popular season, spring and fall houseboating can be equally appealing (and cheaper). Rates also vary according to boat size. A typical 37-footer that sleeps six runs about $600 a week mid-May to mid-September (about $425 a week or $200 a weekend other times). You can get a 26-footer for $400 a week in summer ($300 other months). Or rent a powered barge that hauls a recreational vehicle ($325 a week in summer, $240 other times).

Liability insurance and a damage deposit (often $100 to $200) are required. Rates don't include gas (about 2½ gallons per hour of cruising).

Among the biggest of the dozen or so Delta rental firms are: Paradise Houseboat Rentals, 11530 West Eight Mile Road; Herman and Helen's Houseboats, Venice Island Ferry; and Holiday Flotels, 11540 West Eight Mile Road—all in Stockton, CA 95209; and S & H Boat Yard, Route 1, Box 514, Antioch, CA 95409. For details, contact Stockton Convention and Visitors Bureau, 311 East Main Street, Suite 500, Stockton, CA 95202. *Cruising and Houseboating the Delta* is a helpful guidebook. Send $5 to Schell Books, Box 9140, Stockton, CA 95208.

More houseboating fun

Other houseboating locations in the West are northern California's Lake Shasta, Puget Sound and the San Juan Islands in Washington state, and Lake Powell and Lake Mead along the Colorado River.

Favorite spots in the South include Lake Texoma on the Oklahoma\Texas state line; Texas' Amistad Reservoir; Bull Shoals, Dardanelle, Greeson, and Greers Ferry Lakes in Arkansas; Lake Lanier, near Atlanta; Florida's Kissimmee Waterways and the Everglades; plus huge impoundments of the Missouri and Tennessee Rivers. Kentucky's Cumberland, Barkley, and Kentucky Lakes are ideal. Tennessee's 29 major lakes along the Tennessee, Cumberland, and Stone Rivers create a houseboating paradise.

Houseboating in the heartland focuses on Missouri Ozark lakes, the Upper Mississippi, and the Ohio River near Cincinnati. In the East, try Maryland's Chesapeake Bay, New York's Lake George and Thousand Islands region, and Lake Champlain on the New York-Vermont state line.

Choose an area, then write the state travel bureau or local chamber of commerce for information.

continued

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RAFTING

The Yampa and Green Rivers

For sheer excitement, few vacations can compare with rafting a rowdy river. You'll experience thrills and chills by the minute as you whoosh through thundering rapids, engulfed in sparkling spray. Rafting the Yampa and Green Rivers, two tributaries of that great white-water shoot, the Colorado, makes an exciting trip the whole family will enjoy.

Yesterday's land of giants

The Yampa and Green rush through Dinosaur National Monument, a splendid wilderness straddling the Utah/Colorado border near Vernal, Utah. Once a world of monstrous creatures, this vast area is now a massive panorama of sandstone hills, sheer-sided canyons, and fascinating fossils. Both rivers offer plenty of variety—from lazy, relaxing currents to big, booming rapids.

A three-day raft trip that's perfect for first-timers begins at Deerlodge Park and winds up some 70 miles downriver near Jensen, Utah. You start out easy in choppy water and graduate to bigger and bolder rapids.

Your first big challenge is Tepee Rapid, where your raft becomes a bucking neoprene bronco. But as fast as you can catch your breath, the river slows, and you relax again. Rapids that follow get you revved up for the real heart-thumper, Warm Springs. It can flip a raft in a wink, but the experienced boatman in each craft knows how to handle this wild torrent.

Finishing the day

You'll end each day around a crackling campfire. After a hearty supper and a rousing sing-along, drop off to sleep to rhythmic river sounds. One of the best campsites along the route is at Jones Creek. Hike upstream and you'll discover ancient Indian pictographs.

Beyond Warm Springs Rapid, the Yampa and Green join forces and swirl into Whirlpool Canyon. Two more big roller-coaster rapids and you're heading for shore near the monument's famous dinosaur quarry. A bus will be waiting to take you back to Vernal, though you'll certainly want to explore the quarry sometime during your visit. More adventures await in Lodore Canyon, north of Vernal, on a 65-mile-long run on the Green River.





Photographs: Harry Jarvis

On-the-water excitement and wild-country beauty on the Yampa and Green Rivers

When and how to go

Though you can raft the Green May through September, the best time for rafting is spring through early summer, when waters run highest and fastest. Some half-dozen outfitters, like World Wide River Expeditions based in Midvale, Utah; Adventure Bound in Littleton, Colorado; and Don Hatch River Expeditions, Inc., in Vernal, offer raft trips (about $195 per adult for three-day excursions, reduced rates for children seven to 18). Make reservations early. Meals, transportation to put-in and take-out points, and gear are included. You usually can rent sleeping bags for a small charge. Take along a change of clothes, jacket, and sneakers.

For more about raft trips and the area, contact Western River Guides Association, 944 Denver Street, Salt Lake City, UT 84111, and the Utah Travel Council, Council Hall/Capitol Hill, Salt Lake City, UT 84114. Trailways provides bus service to Vernal. Frontier Airlines flies there from Denver and Salt Lake. The Motel Utah and Westons' Lamplighter Inn (doubles from $33) are good choices for lodgings in Vernal.

More rafting adventures

Other giants among rafting rivers in the West include the Colorado, as it rampages through Arizona's Grand Canyon and Utah's Canyonlands National Park; the Snake, as it roars through Hell's Canyon, Idaho; and the Middle Fork of Idaho's Salmon River. In Oregon, try the Rogue, McKenzie, John Day, and Owyhee.

You can run wild rivers in other parts of the country, too. West Virginia's Cheat and New, Pennsylvania's Youghiogheny, the Chattooga (separating Georgia and South Carolina), and North Carolina's Nantahala. Don't overlook the Rio Grande in Texas, Maine's Kennebec and Penobscot, and Wisconsin's Wolf.

For more information, contact state travel bureaus in appropriate capitals or check the *Adventure Travel* guidebook (see page 165).

continued

The Trimline telephone puts the whole phone in your hand.



It's the perfect living room phone. The dial and the disconnect button are in the handset. So you can relax on the couch and make as many calls as you want and never reach back to the base. Not to dial. Not to hang up between calls.

And you can choose from a variety of optional cord lengths.



It's perfect for convenience and good looks. Its compact design is an attractive addition to any living room. And you can choose from 10 decorator colors, including new rust and chocolate brown.

Most colors are available with rotary or Touch-Tone® calling.

It's the ultimate in convenience. Everything you need to make call after call is in your hand.

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Get the Trimline phone that's just right for you at your Bell PhoneCenter Store. And put the whole phone in your hand.

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AMERICA'S WATERWAYS

CANOEING

Arkansas' Buffalo River

You don't have to be a skilled canoeist to explore mid-America's most scenic mountain stream, the Buffalo National River in northern Arkansas. Wreathed in silent forests and framed by sky-tickling limestone cliffs, this river ripples through 120 miles of Ozark wilderness, kicking up just enough white water to make the trip a challenge.

Rugged water to easy riffles

Near Harrison (about three hours north of Little Rock on US-65) is the upper, more rugged section of the Buffalo. There you'll encounter some standing waves, plus a few bends where the current rushes back on itself, and one fast-water chute. But during most of the run, you glide down little riffles and slide through clear tranquil pools. Paddle softly so you won't spook the wildlife.

If the water level is right (it's best in late spring or after summer rains), you can travel the Buffalo for as long as ten days, camping along the banks. A choice one-day float for scenery and novice-canoeist thrills starts at Steel Creek (20 miles southwest of Harrison). From this park service put-in, it's 10.3 river miles to Kyle's Landing. Stop *en route* for a hike at Hemmed-in-Hollow (ask a park ranger for exact directions).

Two days out of Ponca or Steel Creek, you'll reach Pruitt, where you take out at the State-7 bridge. Then it's another two days to Woolum Ford.

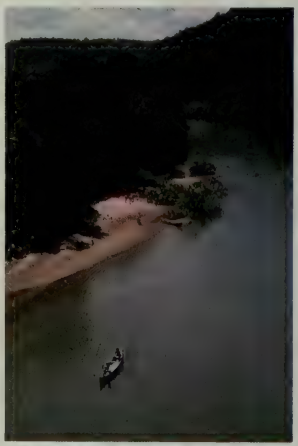
On the lower, slower part of the river, popular floats include: Maumee to State-14 and State-14 to Rush (one day each); Woolum to Gilbert and State-65 to State-14 (two days each); State-14 to White River (three days).

Liveries and such

Canoe rental rates are about $15 to $20 a day, with transportation to and from put-in and take-out points $5 to $20 extra. Bart Hudspeth at the Holiday Inn (doubles $35; kids free) in Harrison offers a canoe referral service. Or contact Mike Mills, Buffalo Outdoor Center, Ponca, AR 72670.

You might prefer a completely catered canoe-camping trip on the lower river. The $55-a-day per-person charge (two-day minimum) includes canoes, meals, guide, transport, and most gear. Write to Joe Barnes, Buffalo River Fishing Resort, Route A, Yellville, AR 72687.

Before setting out, order the *Buffalo National River Guide* from Recreational Publications, Box 18937, Memphis, TN 38118 ($3.25). Get area information from John Weir, Harrison Chamber of Commerce, Harrison, AR 72601. For river levels and a full list of canoe rentals, write Buffalo National River, Box 1173, Harrison, AR 72601.





Photographs: George Bush

From white-capped riffles to clear, quiet stretches on Arkansas' Buffalo River

More canoe adventures

The country's most sizable canoeing region is northern Minnesota's boundary waters. Contact the U.S. Forest Service Supervisor, Box 338, Duluth, MN 55801. Wilderness canoeing also waits in Florida's Everglades, Georgia's Okefenokee Swamp, and in New York's Saranac Lakes region.

You also can enjoy at least two-day trips on the following waterways.

- **California's Russian River**—Contact Chamber of Commerce, 217 Healdsburg Avenue, Healdsburg, CA 95448.
- **Maine's Allagash Wilderness Waterway**—Contact Allagash Wilderness Outfitters, Frost Pond, Star Route 76, Greenville, ME 04441, and Maine Bureau of Parks and Recreation, Augusta, ME 04333.
- **Michigan's Au Sable River**—Contact Chamber of Commerce, 100 West Michigan, Oscoda, MI 48750.
- **New York and Pennsylvania's Delaware River**—Contact Kittatinny Canoes, Dingmans Ferry, PA 18328, or Delaware Water Gap National Recreation Area, Bushkill, PA 18324.
- **Virginia's Shenandoah River**—Contact Shenandoah River Outfitters, RFD 3, Luray, VA 22835.
- **Wisconsin's Brule River**—Contact Nicolet National Forest, Rhinelander, WI 54501.

For more about canoeable waters, write American River Touring Association, 1307 Harrison Street, Oakland, CA 94612, or the Appalachian Mountain Club, Department 10, 5 Joy Street, Boston, MA 02108.

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AMERICA'S WATERWAYS

CRUISING

New York's Erie Canal

Long ago, the Erie Canal served as this young country's first major "highway" to the West. The 363-mile ditch, which opened in 1825 after years of mosquito-plagued digging, linked the Hudson River with the Great Lakes and land-rush territories beyond.

Today, most of the canal—which has become part of the New York State Barge Canal system—is all but deserted. It meanders quietly through the meadows of upstate New York, from village to village and lock to lock, barely touching civilization.

Of the boats that ply this course, *Emita II* is by far the most unusual. She's a retired ferry from Maine's Casco Bay, with her top deck decapitated so she can pass under the canal's bridges. Moreover, *Emita II* is the only packet (a ship licensed to transport paying passengers) on these still waters.

Children race to the banks when the *Emita II* glides by. She's a gay apparition. Small boats bounce in her wake and bells clang as bridges rise to let her pass. Down below, in the open "salon," travelers doze in the shade. The real world seems far away.

Leisurely lock to lock

The *Emita II*, based near Syracuse about midway on the canal, alternately cruises west to Lockport (near Buffalo) and east to Albany from early June into October. Each one-way leg is a three-day trip. You return to your embarkation point via chartered bus. The ship doesn't have cabins. Overnight lodgings in motels *en route*, the bus ride, and meals are included in the price of $235 per person for two, $225 each for three or more.

There's no special discount for children. In fact, you may want to think twice before taking kids along. Passing under low bridges, being raised or lowered in locks, and the captain's discourses on canal history will captivate kids initially, but their interest probably won't last the whole trip.





Photographs: George Bush

Peaceful settings and pleasant yesteryear atmosphere on New York's Erie Canal

Up the Champlain Canal

In July and August, the *Emita II* also makes occasional three-day round-trip cruises through scenic countryside from Albany to Lake Champlain. The ship turns around in Whitehall, where you can visit the U.S. Navy museum. Prices are the same as for the Erie trips.

To the Finger Lakes

In June and July, the ship sometimes heads in the other direction on two-day round-trip cruises from Syracuse to Geneva on Seneca Lake. This is probably the most picturesque of the *Emita's* journeys. You cut through the Montezuma Marshes and chug into lovely Finger Lakes country. Cruise price (which includes dinner in fascinating Belhurst Castle and other meals) is $120 per person for two, $110 per person for three.

For information and reservations on all these cruises, write to Peter Wiles, Mid-Lakes Navigation Company, Box 61, Skaneateles, NY 13152.

Cruising the Hudson

For a lively one-day boat excursion on the Hudson River, board the *Day Liner*, which leaves at 10 a.m. daily Memorial Day weekend to mid-September from Manhattan's Pier 81 (at the foot of 41st Street). This ship stops at New York's Bear Mountain State Park and at West Point. You can spend the day either place and catch the *Day Liner* on its return from the turnaround point at Poughkeepsie, New York, or stay on board all the way.

Shore sights include the Manhattan skyline, the looming George Washington and Tappan Zee Bridges, Sing Sing Prison, and Washington Irving's fabled estate, Sunnyside. There's a cafeteria and snack bar on board.

Weekday round-trip fares range from $6.50 ($3.25 under 12) for Bear Mountain to $8.50 ($4.25 under 12) for the whole excursion. Weekend and holiday tickets start at $8 ($4 for kids), with the trip to West Point pegged at $9 ($4.50 for kids) and $10 ($5 for kids) for the complete excursion. A bus tour of West Point costs $2.50 per person.

Reservations aren't accepted, so show up close to box office opening time (8:30 a.m.), especially on weekends. For additional information, contact Frank Sicilia, Day Line, Pier 81, New York, NY 10036.



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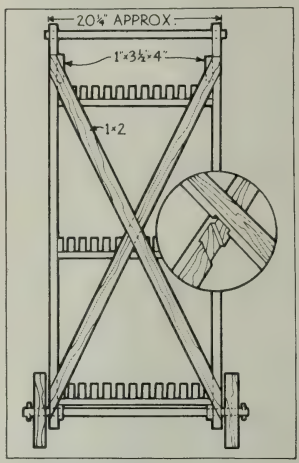
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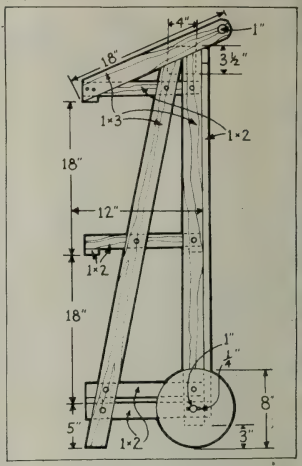
Swing into summer

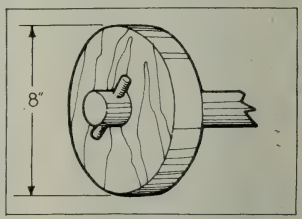
A portable plant stand you can build

All of the uprights and back braces are made of 1x3s, as is the upper slanting arm that supports the top shelf. Everything else, except the dowel handle and axle and the wheels, is made of 1x2s. The shelves are installed on end, ¾ inch apart, for water drainage.

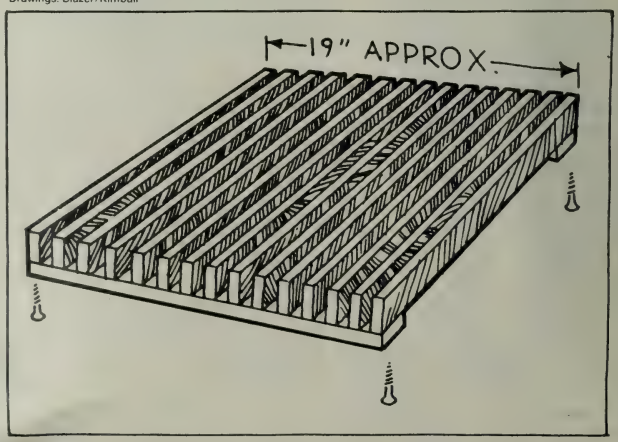
You can, of course, vary the measurements shown if you want a larger or smaller plant rack to fit a specific space. Finish your rack by applying paint or stain, or if you use redwood lumber, simply let it weather naturally.







Drawings: Blazer/Kimball







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AN EXHAUST FAN: QUICK SOLUTION TO BATHROOM POLLUTION

Not only is the bathroom one of the busiest rooms in the house, it's also one of the most polluted. The moisture, heat, odors, and vapors that collect in a bathroom are hard on the family, harder still on the bathroom itself, and even detrimental to nearby rooms.

TOO MUCH MOISTURE

An average shower contributes ¼ to ½ pound of moisture to the room atmosphere. This excess moisture can result in blistered paint, peeling wallpaper, rust, rot, and general deterioration of surfaces and finishes. Other parts of the house suffer, too; even the air conditioning system loses efficiency when household air becomes too water laden.

DAMAGING POLLUTANTS

Common bathroom aerosols, such as hair sprays, deodorants, foot-care products, and cosmetics, fill the air with a variety of chemicals. Halogenated hydrocarbons, often found in aerosol products, can lead to asthma, allergies, and lung and heart diseases.

AN EASY SOLUTION

An exhaust fan is the most effective means of ventilation control. If properly selected and installed, a fan can do a fast job of replacing polluted bathroom air with fresh, clean air pulled into the room at the flick of a switch.

As a general rule, it's best to install the fan high on an outside wall, opposite the door, so the fan can remove hot, steamy air and draw in fresh air from under the door. If the room doesn't have an outside wall, the next best spot for the fan is in the center of the ceiling. But you may have to bend the rules a bit because of the location of your shower. For example, if it's near the door—even if the room has an outside wall across from the shower—you may want to place the fan in the ceiling directly above the shower or just outside of it, so the fan can be close to the heaviest concentration of moisture.

THE RIGHT UNIT

The Home Ventilating Institute (HVI) recommends a fan with a capacity of eight air changes per hour—one every 7½ minutes. Multiply the floor area square footage by 1.07 to calculate the minimum cubic feet per minute (CFM) your room needs. (A 6x9-foot bath would require 54x1.07, or approximately 60 CFM.)

It's smart to shop around. Some fans also have heating elements and light units—features you may find worth the extra money. And don't expect all units to look alike. You'll find everything from sleek contemporary units to simple cube shapes that can be painted or wallpapered.

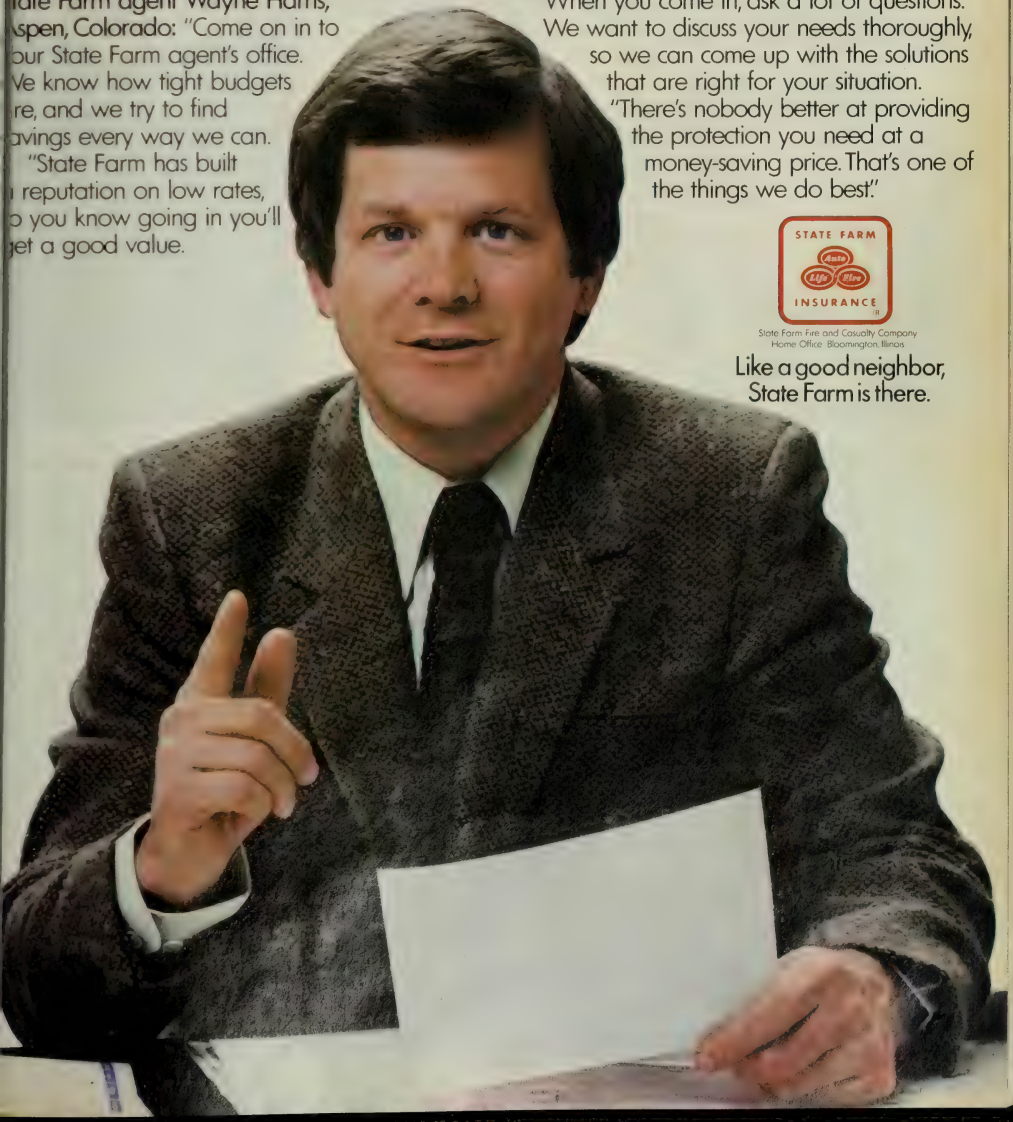
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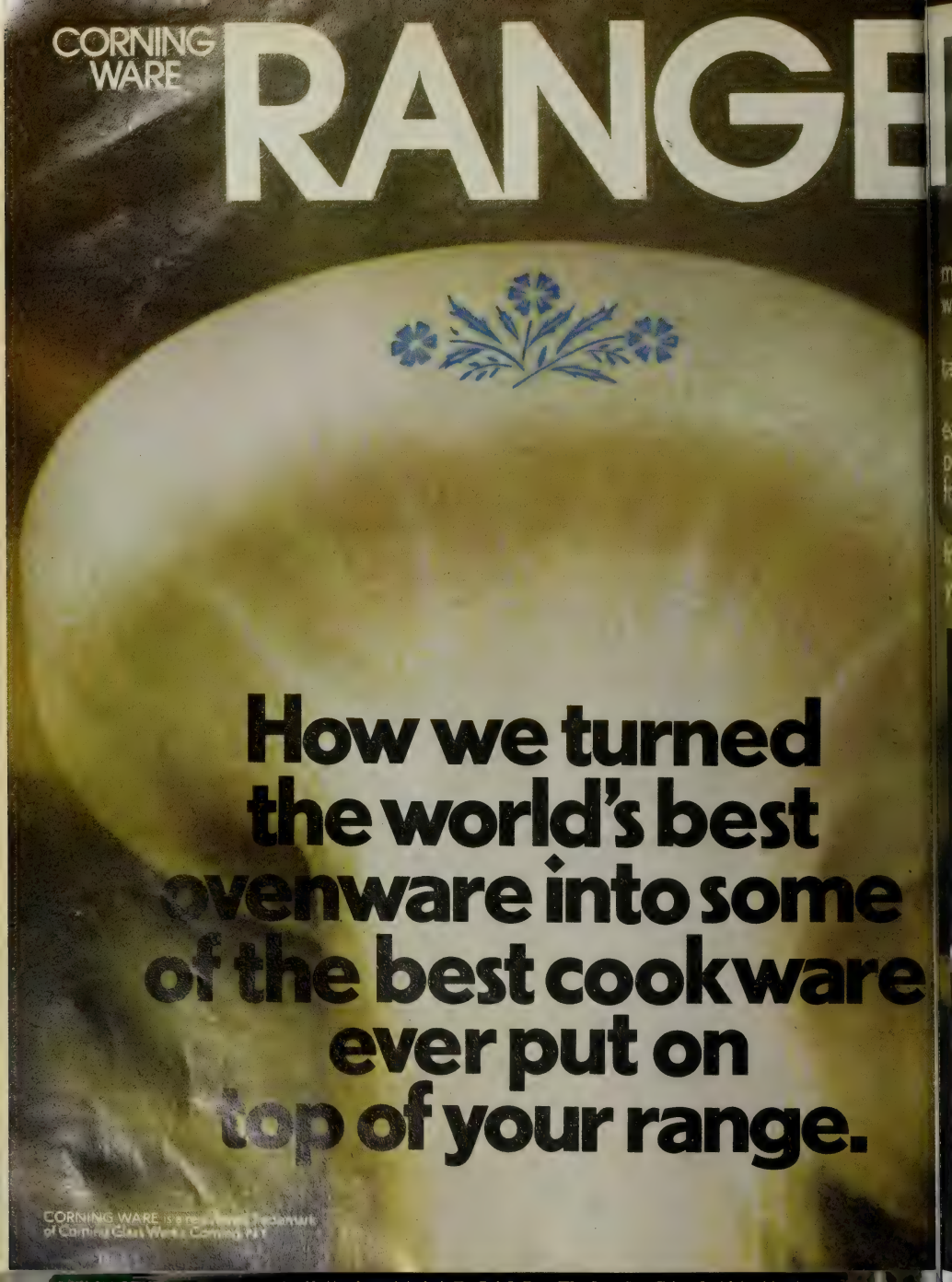
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Easy to use, too. Just mix one envelope of Knox with one cup of hot tap water to dissolve. Then add three cups of cold water to make a quart of liquid. Prepare only as much of the mixture as you plan to use at one time. Once a month, use the Knox mixture as part of your normal watering and feeding pattern and it will provide continuous nourishment to plants between applications. You'll see the same amazing results we saw in our scientific studies.

And remember to give your plants plenty of growing room by repotting them periodically into larger pots.

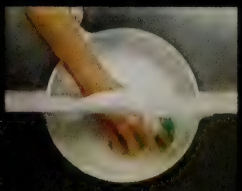
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CORNING



Wholesome whole grain cookies

Here are two tasty ways to sneak a nutritional bonus into your family's snacks. These easy cookies boast whole grain ingredients such as whole wheat flour, oats, and wheat germ, so they're as nourishing as they are delicious.

OATMEAL-CARROT BARS

To turn this recipe into an extra-special dessert, cut the cookies into squares and top each with a scoop of ice cream or frozen yogurt—

1 cup packed brown sugar
⅓ cup shortening
1 egg
½ teaspoon vanilla
¾ cup finely shredded carrot
1 cup whole wheat flour
1 teaspoon baking powder
¼ teaspoon salt



Photograph: Dieter

½ cup quick-cooking rolled oats
¼ cup wheat germ
½ cup raisins

In small mixer bowl cream together sugar, shortening, egg, and vanilla with electric mixer till light and fluffy. Add carrot; mix well. Thoroughly stir together flour, baking powder, and salt. Stir in oats and wheat germ. Stir dry ingredients into creamed mixture; fold in raisins. Spread mixture in a greased 9x9x2-inch baking pan. Bake in 350° oven for 30 to 35 minutes or till done. Cool in pan on wire rack. Cut into bars or squares; remove from pan. Makes 2 dozen bars.

DOUBLE WHEAT COOKIES

If you like, roll these easy cookies in finely chopped nuts rather than wheat germ—

1 cup butter *or* margarine, softened
1¾ cups whole wheat flour
½ cup packed bown sugar
¼ cup wheat germ

• • •

Wheat germ

In large mixer bowl cream together butter or margarine, flour, brown sugar, and the ¼ cup wheat germ. Beat till well combined. Form into 1-inch balls. Roll in additional wheat germ. Place on an ungreased cookie sheet; flatten with tines of fork. Bake in 350° oven for 10 to 12 minutes. Cool on wire rack. Makes 3 dozen cookies.

Last night, the ten best parties in town had something in common.



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The only ingredients in rondelé are natural ones. Rich cream.

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Knudsen Cottage Cheese also makes delightfully tangy blender dips and dressings.

It's a tasty addition to scrambled eggs and omelettes. A smashing substitute for Ricotta cheese recipes.

And a deliciously different ingredient in Mexican foods of all kinds.

So dress up your dishes with Knudsen Cottage Cheese. The smooth, creamy choice of fashion plates everywhere.

Knudsen
The Very Best



COTTAGE QUICHE

1/4 Cup butter or margarine
5 eggs
1/4 Cup flour
1/2 teaspoon baking powder
Dash salt
1 pkg. frozen artichoke hearts, thawed and quartered
1½ Cups Knudsen Cottage Cheese
1½ Cups grated Monterey Jack cheese

Preheat oven to 325°F. Melt butter in 8x8x2 inch pan and coat. Beat eggs lightly and add flour, baking powder, salt and blend well. Add butter, artichoke hearts, cheese and mix well. Pour into pan. Bake 35 to 45 minutes, or until wooden pick comes out clean. Cut into squares and serve hot. Serves 6.

Drink mix fix-ups

With convenient packaged drink mixes and pantry-shelf items, you're ready for anything from a pick-me-up to a spur-of-the-moment party punch.



SPICY ORANGE CIDER

- 1 tablespoon orange-flavored breakfast drink powder
- Dash ground cinnamon
- Dash ground nutmeg
- ⅔ cup hot apple cider or apple juice
- 1 lemon slice

In heatproof mug stir together orange drink powder, cinnamon, and nutmeg. Add hot cider or apple juice. Stir well. Float lemon slice atop. Makes 1 serving.

FROSTED LEMONADE PUNCH

- 4 cups cold water
- 1 6⅞-ounce envelope (1 cup) sugar-sweetened lemonade mix
- 2 cups unsweetened pineapple juice, chilled
- 1 quart lemon sherbet
- 2 16-ounce bottles (4 cups) grapefruit carbonated beverage, chilled

In punch bowl stir cold water into lemonade mix till dissolved. Stir in pineapple juice. Stir *half* the sherbet to soften; blend into lemonade mixture. Scoop remaining sherbet atop. Resting bottle on rim of bowl, carefully pour in carbonated beverage; stir gently. Makes 14 cups.

CHOCOLATE-BANANA SHAKE

- 1 cup cold milk
- 3 tablespoons instant cocoa mix
- 1 banana, cut up
- 1 pint vanilla ice cream

In blender container combine milk and cocoa mix. Cover; blend till dissolved. Add banana and ice cream by spoonfuls; blend till smooth. Pour into glasses. Makes 3 cups.

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A treetop greenhouse

Greenhouses don't always have to be built at ground level. Here's a second-floor version—sort of an attached tree house. It provides space for scenic entertaining, extends the living room out to the treetops, and helps to heat the house with sun power.



Photographs: Hedrich/Blessing. Design: Ralph Parrella. Field editor: Ruth Reiter

The greenhouse frame, balcony railing, and deck are constructed of cedar to match the siding on the rest of this modern country home. The ceiling and walls of the greenhouse are made of plate glass that is specially coated to reduce glare while allowing the warming rays of the sun to come through. A glass door leads from the surrounding deck into the greenhouse and living room.

Floor-level casement windows let in refreshing breezes from the woods. The interior floor of the greenhouse, two steps down from the living room, is covered with vinyl, so drips from watering cans are easy to mop up. Track lights in the greenhouse illuminate the plants at night and create a relaxing glow throughout the living room.

During the spring and summer, the tall trees in the backyard shade the deck. They also block much of the sunlight that would otherwise heat up the living room and require the air conditioner to run full blast. As autumn brings lower temperatures and the trees lose their leaves, the sunlight streams into the greenhouse and turns it into a passive solar heating system that significantly reduces the homeowners' daytime energy costs. The fireplace, strategically located in front of the greenhouse, warms the living room on chilly evenings.

Plants thrive in this second-story sunspace, whether they sit on the floor and counters of the greenhouse or hang from the ceiling beams.





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Which airplane seat suits you?

Where you sit on an airplane can make a big difference in whether or not you enjoy your trip. With a little thought and preplanning, you can wind up with the seat that's best for you. Here's how.

Booking basics

Book early: Seats on most commercial flights are assigned on a first-come, first-served basis. With some airlines, you can state your seat preference when making reservations for certain flights, and the airline will try to honor your request. But you must show up for boarding at least ten to 15 minutes before departure or your seat may be turned over to someone else. Trans World Airlines (TWA) will even issue you a boarding pass up to a month before your flight. Travel agents can request seats for you, too.

Otherwise, the best advice for getting the seat you want is to arrive at the airport early. You can pick your seat at the ticket counter when you check in, or at the flight gate prior to boarding and takeoff.

Seating charts: At the airline ticket counter, you can ask to see a seating chart for the type of plane you'll be on (TWA will send you a seating chart brochure on request). Find out the seating arrangement for that flight that day. Not only do different models of aircraft have different seating setups, but airlines also change plane seating plans according to the season and the passenger load.

Which seat when

Comfort: For the smoothest ride, choose a seat in the plane's midsection (over the forward part of the wings). Seats up front are the quietest. If you want plenty of knee room, ask to sit in the first row of the cabin (if you can do without under-the-seat storage), in a row where an emergency exit is located, or in the window seat behind that row (on planes where the seat next to the emergency exit has been removed). You can avoid the sun's glare by choosing the shady side of the craft. For example, ask to sit on the right side on a morning flight from New York to Miami.

On the wide-bodied jets, like DC-10s and 747s, you'll find cabins usually are roomier. But there also are more seats, galleys, lavatories, and people to consider when you're choosing a seat on these larger aircraft.

Window versus aisle: A window seat is best if you want to see the sights and don't want to be disturbed. If you like to get up and stretch, check the magazines, or socialize, you'll enjoy an aisle location. Middle seats (in sections where seating is three abreast) often are assigned to latecomers when aisle and window seats are full.

Smoking versus nonsmoking: Smoking sections are traditionally at the rear of the plane or at the rear of each cabin. If smoke bothers you, try to get a seat at least five rows ahead of where the smoking section begins (and use the vent above your seat to help clear the air). If you have a serious allergy to smoke, mention it when you make your reservation and ask for a seat as far away from smokers as possible. In any case, you're guaranteed a nonsmoking seat if you request one. It's harder to escape smokers in the first-class section, which is smaller and more confined than coach.

Lavatories: Proximity to the lavatories can pay off on long-distance flights and during meals, when food carts might block the aisle. But you'll be sitting in a high-traffic area and sometimes a smoking section.

Sleeping: There's more room between rows in first class so the seats generally recline farther than those in coach. If the seat or seats beside you aren't occupied, sometimes you can raise the armrests and stretch out. (With that in mind, ask for the least crowded planes on long flights.) Avoid seats in rows directly in front of emergency exits. These seats won't recline.

On international flights, some airlines reserve several rows behind first class in the coach or economy section for passengers who want to get away from movies, crying infants, or loud groups. A few airlines use this "B cabin" exclusively for passengers paying full economy fare.

Meal service: There's no way to pick your seat to guarantee the fastest food service. Some crews begin serving meals at the front of the plane, some at the rear. Though a spot by the galley may mean quicker all-around service (you're closer to flight attendants), it's not the most relaxing place to be.

Movies: Check with the ticket agent to see if more than one film is being shown and whether the movie is the same in every section of the plane. Then, ask where the screen or screens are located and select your seat accordingly. You usually can change seats on board if the flight isn't full.

Disembarking: Sitting near the door can be important if time between connecting flights is short. But be sure to remain seated until the aircraft is parked to avoid possible injury.

Safety: Flight crews are trained to help you escape the plane safely in case of an emergency. Follow their instructions precisely. You also should know exactly where the nearest emergency exit is located (count the number of rows between you and the exit in case you can't see it if there's an emergency). Of course, passengers closest to exits will be the first ones off the plane—but the time difference may be only a couple of seconds.

Families: Airlines make every effort to accommodate family members who want to be seated together. Choosing your seats early is the best guarantee.

A child under two can fly free. However, you'll have to hold him or her during takeoff and landing, and for the whole flight if the plane is full. The only alternative is buying a child's ticket so the youngster will be assured a seat. Some airlines provide bassinets (usually behind the bulkhead in the first row of seats).

Handicapped passengers: If you need a wheelchair or other assistance, be sure to alert the airline when you make your reservation. A seat near the lavatory is recommended.

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Refreezing guidelines

Did you ever thaw food for dinner, then eat out on the spur of the moment? Or have you tossed out food that thawed due to a power failure? Often there's no need to waste thawed items. Here are some helpful guidelines.

To refreeze or not

Whether a food can be successfully refrozen depends on the type of food and how much it has thawed. As a basic rule of thumb, partially thawed food that still contains ice crystals can be safely refrozen if done *immediately*. However, you can expect some loss of quality in refrozen foods, such as meats which darken in color and become drier. Fruits and vegetables suffer some nutrient loss and become softer in texture. When you refreeze foods, label the wrapper with contents and date, then place the package up front in your freezer to be used first.

If foods have thawed completely

Most foods that have thawed to a temperature of 40 degrees Fahrenheit or above should *not* be frozen again since bacteria can multiply rapidly at these warmer temperatures. However, you can rescue some foods that have been held at 40 degrees for no longer than two days by following the guidelines below:

- *Meats and poultry* must be cooked first before they can be refrozen. Cube and brown meats with seasonings to use later for a soup or stew. Shape ground meat into meatballs and brown them; freeze in one-serving portions.
- *Fish and seafood* should be cooked and eaten at once, or frozen in the cooked form.
- *Prepared foods* such as frozen dinners, meat in sauce or gravy, leftovers, and cream pies should be prepared and eaten at once or discarded.
- *Vegetables* must be cooked and refrozen if not used at once. Or add them, cooked, to a main dish and freeze.
- *Fruits* are virtually the only food that can be refrozen as they are, even if they have thawed completely.

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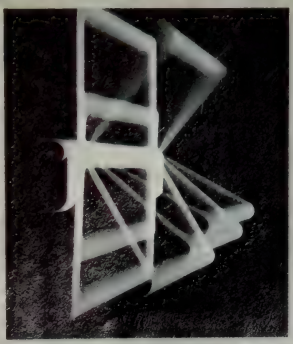
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You can also see that Coleman's sliding latch is recessed so it can't hang up or bend off. It works easy, with just one finger. The Other One? Well, it's almost as easy.

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SOFT SCULPTURE TOYS

With just a little stitching, you can turn a pair of striped knee socks into these fun-to-play-with toys. They're cuddly and bright, with no sharp edges to hurt little ones.



Photograph: William Hopkins. Design: Pam Adamczyk

Materials: One pair of striped child-size knee socks to make both plane and sports car; scraps of felt in matching or contrasting colors; polyester fiberfill; rug and carpet thread to match socks; 1¼-inch-diameter round wooden beads; acrylic paints; paintbrush; small button; heavy yarn or string; fabric glue; matching sewing thread.

Instructions: To begin the plane, cut the foot from the sock at the instep. Cut apart the calf section and the top ribbing. Discard any shaped pieces.

Stuff the plane's body (the foot of the sock) with polyester fiberfill. Turn the cut edge to the inside ¼ inch and then machine-stitch the opening.

For tail wings, cut four triangles with rounded corners from felt. Pin two of the pieces together and, using ¼-inch seam allowances, machine-stitch around two sides. Turn to right side and stuff. Machine-stitch the opening. Repeat for second wing.

Using carpet thread, attach tail wings to plane as shown in photograph.

For the big wings, use the calf section from two socks. (If you are using just one sock, make a monoplane.) Turn the raw edges of one end of the wing to the inside ¼ inch, and machine-top-stitch closed. Stuff wing with polyester fiberfill. Turn the opposite ends under similarly and stitch closed. Repeat for the second wing. Attach wings to the body using rug and carpet thread. Cut out felt stars and glue to wings.

Use the top ribbing for the propeller. Turn the ribbing inside out and machine-stitch it closed along one edge. Turn the ribbing to the right side and slip-stitch the other edge closed. Attach the propeller to the front of the plane with carpet thread and a small button.

For pilot's head, draw and paint facial expressions with acrylics on a wooden bead. To secure the bead to the wing, stitch a length of heavy yarn or string to the center of the wing at the midpoint of the string. Thread both ends of the string through the bead, and tie a knot several times to secure the head in place.

Attach a scarf, made from a scrap of felt with fringed ends, around the pilot's head.

For the car, cut the foot from the sock at the instep. Stitch and stuff the car body as for the plane. Cut eight 4-inch-diameter circles from felt for wheels. Pin together and stitch around three-fourths of the perimeter using ¼-inch seam allowances. Turn the circles to the right side, stuff with polyester fiberfill, and slip-stitch the opening closed. Tack the circles to the lower sides of the car body with rug and carpet thread.

Cut the ribbing from the top of the sock for the steering column. Stitch one side as for the plane, but stuff the column tightly with polyester fiberfill before stitching the other side closed. Tack to the car body so that the column lies at an angle facing the driver. Cut two 2-inch-diameter circles from felt, stitch together back to back for the steering wheel, and secure it to the end of the steering column.

Paint a wooden bead for the driver's head and secure the bead to the rear of the car. If desired, cut a numeral from felt and glue it to the front of the car.



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Start with soybeans

Now's the time to discover a tasty and less expensive alternative to meat! The protein content of dried soybeans is similar to that of meat, and the beans are tasty and versatile. For starters, try our Soybean Stuffed Peppers, and then create your own entrées and side dishes. (When cooking the dried soybeans, you'll notice that they don't cook up as soft as other beans do.)



Photograph: Dieter

SIMMERED SOYBEANS

The cooking oil helps reduce foaming of the cooking water—

¾ cup dry soybeans
4 cups water
1 teaspoon salt
1½ teaspoons cooking oil

Rinse the soybeans; place in 2-quart saucepan. Add the water. Bring to boiling; boil for 2 minutes. Remove saucepan from heat; cover and let stand 1 hour. (Or, combine water and beans in saucepan; cover and refrigerate overnight.) *Do not drain.* Add the salt and cooking oil to the beans and water. Simmer, covered, for 2½ to 3 hours or till tender (beans will be firm, but tender). Makes about 2 cups.

SOYBEAN STUFFED PEPPERS

4 large green peppers
½ cup chopped celery
¼ cup finely chopped onion
1 tablespoon butter *or* margarine
1 8-ounce can tomatoes, cut up
1 8-ounce can (1 cup) tomato sauce
1 teaspoon salt
1 teaspoon worcestershire sauce
½ teaspoon sugar
½ teaspoon chili powder
1 recipe Simmered Soybeans
1 cup shredded cheddar cheese (4 ounces)

Halve the peppers lengthwise; remove stems and seeds. Cook the pepper shells, uncovered, in large amount of boiling, salted water for 3 to 5 minutes. Remove from water; invert to drain.

In skillet cook celery and onion in butter or margarine till tender. Stir in the *undrained* tomatoes, tomato sauce, salt, worcestershire, sugar, and chili powder. Bring to boiling. Reduce heat; simmer, uncovered, 15 minutes or till thickened slightly. Stir in beans.

Season pepper shells with a little *salt* and *pepper.* Fill peppers with bean mixture; place in 13x9x2-inch baking dish. Bake, uncovered, in 350° oven for 30 minutes. Sprinkle with cheese; bake 2 minutes more. Makes 8 servings.



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Tarragon Velouté

INGREDIENTS
2 tablespoons butter
2 tablespoons flour
1 cups fish stock
2 egg yolks
1/2 cup heavy cream
1 tablespoon fresh tarragon, chopped
Salt and freshly ground black pepper
Juice of 1 lemon, optional

METHOD
☐ Prepare a white roux with the butter and flour.
☐ Add a small amount of the fish stock and blend well. Gradually pour in remaining stock and let it cook for about 10 minutes, stirring constantly.
☐ Blend egg yolks with cream and stir into sauce away from heat. Add tarragon.
☐ Bring the sauce just to a boil, stirring constantly. Remove from heat and season with salt and freshly ground black pepper to taste. If desired, add lemon juice to taste. Serve over a freshly poached or baked snapper along with a chilled bottle of Mirassou Monterey Riesling or Chardonnay. Makes 2-1/2 cups.

Zucchini Florentine

INGREDIENTS
4 medium-sized zucchini (about 1-1/4 pounds)
1 pound spinach
1 egg
1/2 cup feta cheese, crumbled (about 2 ounces)
Garlic salt
Freshly ground black pepper
Ground nutmeg
1/2 cup Parmesan cheese, grated

METHOD
☐ Trim ends from zucchini, halve lengthwise and cook in boiling salted water for 5 minutes; then drain and reserve the liquid. Hollow out the insides of the zucchini slightly, and discard pulp.
☐ Wash and chop spinach; then cook until limp. Drain thoroughly and chop again until finely minced. Pat dry.
☐ Beat egg and mix in feta cheese, garlic salt, pepper, nutmeg and spinach. Fill the squash half shells with mixture and sprinkle with Parmesan cheese. Place on a baking pan and pour in reserved liquid from squash. (If desired, cover with foil and refrigerate until serving time.)
☐ Bake zucchini, covered, in a 350° oven for 20 minutes; then remove foil and bake for about 10 minutes or longer until top is lightly browned. (Reduce baking time 10-15 minutes if not chilled.) Makes 8 servings.



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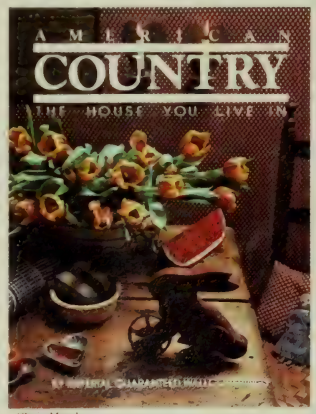
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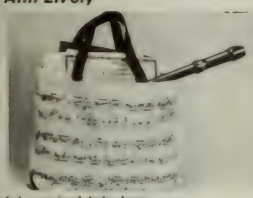
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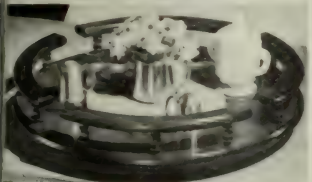
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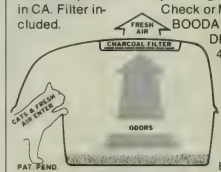
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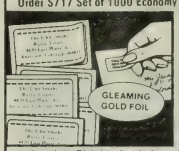


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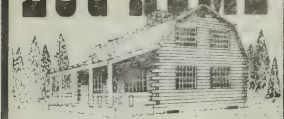
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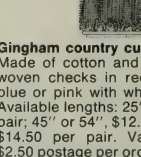
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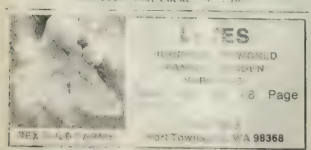
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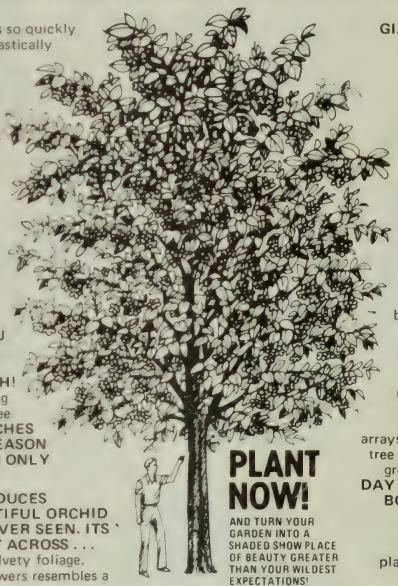
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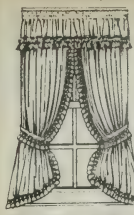
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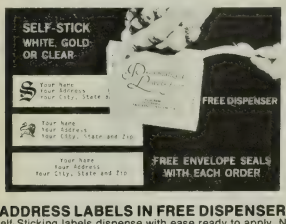
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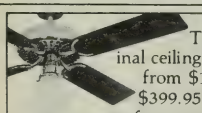
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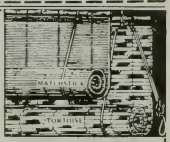
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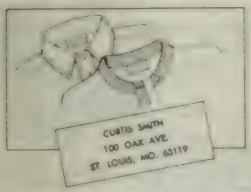
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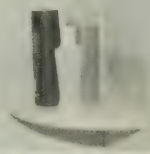
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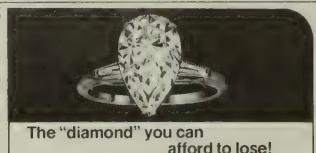
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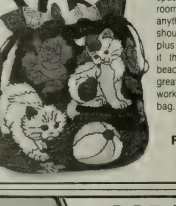
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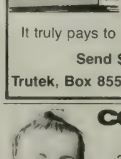
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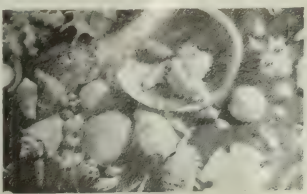
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The Man Next Door®

After completing the spring rite of applying chemical fertilizer and pesticide to our yard, Burt, Jr., said he's decided he definitely prefers an old-fashioned organic lawn to one with all the additives.

Christine observes that the quilting and canning bees of Grandma's day have evolved into today's "selling bee" where the hostess acquaints her neighbors with a line of products.

Young Tom Spindler is home from college, where he's majoring in computer science. When I asked him about his vacation plans, Tom responded that he'll "decompress after coping with all the stress of finals, then opt for an unstructured program." I think that means he wants to relax.

Elaine Cowan says the most remarkable thing about any new building in town is that we can't remember a year later how things looked before.

According to Pete Tarrant, jogging not only improves physical fitness; it stimulates memory. Pete says that his new running program has made him recall muscles he'd completely forgotten about for years.

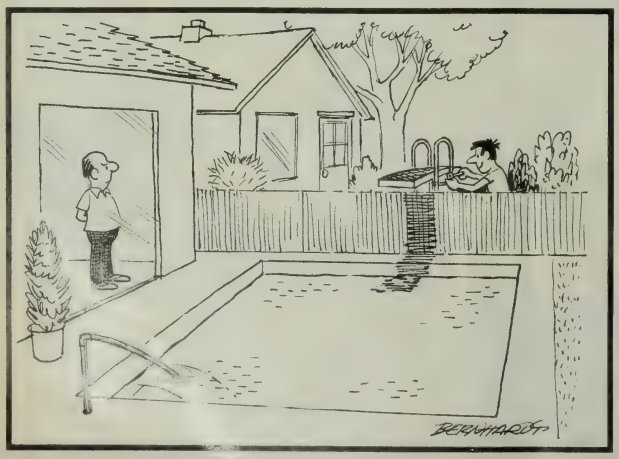


"Do you have any idea how long it takes an oak tree to get this thick?"

My friend Bill Norman says the only thing unchanged by inflation is the value of free advice.

The need to conserve on air conditioning doesn't bother Aunt Opal. She says she's always preferred relaxing on a cool and shady front porch to sitting inside, shut off from the sounds and sights of summer.

Editor Earl Reeves admits that some days when all the news seems to be bad, he's tempted to stretch a banner headline across the front page of the newspaper: "DUCK."



The Rev. George Hall has a way of praising every new baby without making the mothers of other tots jealous. He just beams and exclaims: "Now, *there's a baby!*"

Changing times: Today it seems the gas stations close at 3 p.m. and the banks offer 24-hour service—instead of the other way around.

Early this spring, Christine pointedly handed me an article detailing in sensible, concrete terms just how large a garden we would need for our family of five—so many tomato plants, so many rows of beets, so many hills of yellow squash. All the planting formulas were worked out mathematically.

But I went ahead and planted considerably more of everything, knowing full well that come hot weather, the garden would explode in a glut of vegetables.

It's not that I'm stubborn. I just enjoy having the surplus to give away to friends and neighbors who are not in the backyard farming business.

There's something beautiful about a lumpy, wrinkled paper sack filled with homegrown tomatoes and a few sun-fragrant bell peppers. I even prefer to leave a few splashes of mud and a dried leaf or two on my gift vegetables, though Christine usually insists that they be washed shiny clean.

I can't imagine allowing a friend to make do with store-bought lettuce all summer when patches of salad greens, all zesty and fresh and slightly rusty-bitter at the edges, are springing up in my garden too fast for us to use.

It gives me enormous pleasure to deposit an old peach basket full of Kentucky Wonder pole beans on a neighbor's front porch without knocking—even though all our friends recognize by now that splintering, much-used container and know who left it.

Christine shakes her head and tells me I have a "truck-farming complex," but I'm really just self-indulgent. When the earth is so generous, I get pleasure from sharing her bounty.

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